

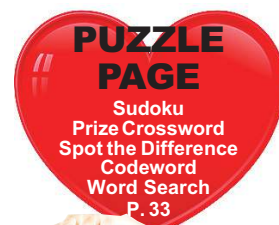


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THE PORTUGAL News

Portugal's **National** Newspaper in English

13 Feb 2010 • Edition N° 1048 • €1.50 inc. IVA • Publisher: Paul Allen-Luckman • Editor: Brendan de Beer • www.the-news.net



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P. 33

A fifth of Portugal's Swine Flu victims were healthy

Nineteen of the 105 people who died in Portugal after contracting the AH1N1 flu virus (more commonly referred to as Swine Flu) were, according to health sources, perfectly healthy before becoming infected. (See Page 5)

Portugal hunts ETA suspects

Portuguese security services are making "enormous efforts" together with Spanish counterparts to find and arrest a pair of suspected ETA terrorists who escaped from police last week and are now linked to a massive explosives cache discovered near Obidos. (See Page 8)

Portugal's rich and famous 'contract' AIDS

Nearly 40 Portuguese high-profile celebrities have joined forces in helping fight the discrimination that AIDS/HIV positive people are still faced with, in a campaign organised by two leading national associations dedicated to the cause. (See Page 11)

Toyota recalls 201 hybrids in Portugal

Toyota Caetano Portugal announced this week it was recalling 201 Prius vehicles due to a problem with brakes that has affected this particular model all across the globe. (See Page 12)

Portugal Open returns to Penha Longa

The European Tour announced this week that the Estoril Open de Portugal will return to the Penha Longa Hotel Spa & Golf Resort from April 1-4. (See Page 56)

Weekend weather

Lisbon: The capital will be mostly sunny this weekend, though it will be rather cold. Rain will return on Monday and last at least until Wednesday. **Faro:** The Algarve will record mostly sunny skies on Saturday, before becoming cloudier on Sunday. Rain will arrive on Monday and is expected to last for two to three days. **Oporto:** The North will be mostly clear for the weekend, but thermometers will struggle to hit double figures. It will become warmer on Monday, due to thick cloud cover which will be followed by rain.

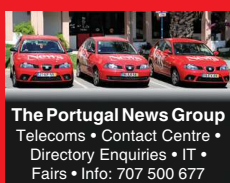


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Politicians of all colours unite to condemn doomsayers predicting economic calamity for Portugal



PORTUGAL HITS BACK

Full story, see p.2

Prime Minister José Sócrates (right) seen here next to his Finance Minister Teixeira dos Santos as they discuss issues surrounding the 2010 State Budget with Pedro Silva Pereira. (Photo: Lusa/André Kusters)

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NewsANGLOPRESS
Edições e
Publicidade, Lda

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Contacts

Postal Address: Apt 13 • 8401-901 • Lagoa
Courier: Rua Município de S. Domingos • Urb. Lagoa Sol • Lote 3 r/c • 8400-415 Lagoa
Tel: 707 500 655 (+351 282 341 100)
Newsdesk: 707 500 655 (+351 282 380 313)
Sales: 707 500 677 (+351 282 380 310)
Classified: 707 500 646 (+351 282 380 315)
Fax: Gen 707 941 201 (+351 282 341 201)
Sales: 707 942 053 (+351 282 352 053)
Email: info@the-news.net • sales@the-news.net
Web: www.the-news.net

Print & Distribution

Printers: MIRANDELA Gráfica, Lisbon
Tiragem: 19,364 copies this week
Distributors: VASP
Member of: apct audited circulation

Production

Publisher: Paul Luckman • publisher@the-news.net
Editor: Brendan de Beer • newsdesk@the-news.net
Production: Madeline Luckman • copy@the-news.net
Journalists: Carrie-Marie Bratley • Tommy Broad
Classifieds: Rebecca Andrade
Paws & Claws: Raquel Salbany
Preview: Raquel Salbany
Travel: Sherry Hughes
Photos: LUSA • Press Association • Portugal News

Sales Team

Sales Manager: Tom Chapman
 Bella Talhadas 912 583 188
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 (all areas except the following)
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 914 863 604
Area Rep: Alcantarilha to Aljezur
Area Rep: Loulé to Ayamonte
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Support

Accounts: Gaby Rodrigues
Subscriptions: Samantha Hoather

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Portugal hits back



With the euro plummeting against the US dollar and stocks falling across the globe, Portuguese authorities this week united in condemning comparisons being made between Portugal's current economic difficulties and the crisis which has befallen debt-ridden Greece. Even the EU came to Portugal's defence, Brussesaying is "no comparisons between the countries should be made, as the two situations are very different." Meanwhile, both the Prime Minister and Finance Minister have been telling international media that Portugal is down, but not out and will launch an economic recovery without the assistance of the European Union.

Speaking to the New York Times this week the Prime Minister said he was committed to bringing the deficit within three percent of the nation's annual economic output by 2013.

"This government, as we have shown in the past, is determined, one, to bet on economic recovery, and two, to put the public finances in order", he told the newspaper.

José Sócrates emphatically added Portugal did not need help from the European Union, thereby distancing the country even further from Greece.

"We don't need anything from Brussels," he said, adding: "We know exactly what we will do. We don't need any help; we will solve our problems."

Following these comments was a guarantee from the Finance Minister that Portugal would not look at taking drastic measures such as leaving the euro in order to save its ailing economy.

Speaking to the BBC, Teixeira dos Santos explained: "We are very far from that scenario, I don't think the situation will lead to such an outcome," he said.

Should Portugal choose to leave the euro, it could allow its currency to fall to a level which will see it regain competitiveness, thereby boosting international trade and reducing its burgeoning budget deficit.

The Finance Minister also told the BBC World Service's Business Daily programme that Portugal was dealing with difficult financial circumstances.

"We are facing an extraordinary and exceptional situation, due to a major financial and economic crisis without precedent in our recent history."

The Finance Minister's comments were followed by news that the risk of Portugal defaulting on sovereign debt payments is "near to zero", an analyst from Fitch said.

In a telephone interview with the Lusa News Agency in Lisbon Brian Coulton said between 75 and 80 percent of Portuguese debt is held overseas.

The UK is "one of the most vulnerable" among states rated AAA, added the Fitch debt expert.

Similarly, Moody's also gave Portugal some support by stressing that the country's problems are not comparable with those in Greece.

Meanwhile, and in an unprecedented move, Portuguese MEPs from differing political groups lashed out this week at European Commissioner for Economic and Monetary Affairs, Joaquín Almunia for likening Greece's economic woes with those being experienced in Portugal.

Elisa Ferreira of the Progressive Alliance of Socialists and Democrats, Ilda Figueiredo from the Confederal Group of European United Left and Diogo Feio, who represents the European People's Party, showered criticism on the Spanish Commissioner in separate addresses during a debate on the Eurozone's financial crisis.

This followed shortly after the European Commission had offered explanations that it did not compare Portugal and Spain's economies to Greece's.

In response the Portuguese Government welcomed the "retraction", but criticised comments by the Commissioner as "unfortunate" and "misleading".

Cabinet Minister Pedro Pereira was quoted as saying by the Lusa News Agency that Lisbon believed it "positive" that Brussels had formally said it made no comparisons between Portugal and Greece, "as the two situations are very different."

Economic and Monetary Affairs Commissioner Joaquín Almunia said last Wednesday that Greece, Portugal, Spain and other Eurozone states share common problems like constant lack of competitiveness and soaring state deficits.

The Spanish Commissioner's spokesperson subsequently denied such assessments were made and blamed media for the misrepresentation.

Pedro Pereira noted that Portugal's public deficit at 76.4 percent is below the 78.2 percent Eurozone average and well under Greece's 112.7 percent.

President Cavaco Silva had

earlier also rejected "any comparison" between Portugal's public finances and those of crisis-plagued Greece.

"It is important to underline in a clear way that the Portuguese case cannot be confused in any manner with the Greek case", Cavaco Silva said, describing EU Commissioner Joaquín Almunia's recent match-up of Athens and Lisbon as "unfortunate and incorrect".

Recalling he was an "economics professor", Cavaco Silva said he knew the economic indicators of Portugal and Greece, adding that Lisbon's debt and deficit were significantly smaller than Athens'.

These reported comments were Almunia's swansong as this week he moved to become Brussels' competition chief in the new European Commission which was approved on Tuesday.

TPN/Lusa



Public servants march in central Athens, during a demonstration on 10 February. Public workers went on strike to protest tough government measures, including salary freezes and tax increases. (Photo: EPA/Simela Pantartzis)

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Females still fare worse regarding salaries



Prime Minister José Sócrates making a speech at an equal opportunities conference in Lisbon in 2007. (Photo: Lusa / João Relvas)



Portuguese newspaper *Jornal de Notícias* (JN) recently produced a study into the difference between male and female salaries and found that, in Portugal, a man must work on average four months to earn around €3,700, whereas a woman needs to work at least one month more to earn the same.

These findings highlight the fact that in this country there are still signs of salary discrimination, even amongst people with the same jobs, despite it being illegal. In fact the study concludes that the trench between male and female pay checks is widening.

JN analysed average base salaries earned by both sexes, in some cases between those who carry out the same job, and found that men still earn more than their female counterparts.

For example, it was found that in one large cork company four women working a particular machine in the morning shift earned €593 euros, while their male colleagues, who did exactly the same job during the afternoon shift, took home €668.

In Portugal it is illegal to pay a different salary for the same job though in some cases, even when such situations fall within the law, the discrepancies are still notable.

As JN's study was composed on base salaries, additional payments such as management subsidiaries were excluded, however it was found that more males occupy managerial positions than women.

On average, men were calculated to earn €916 per month,

while women earned an average of €748. And the scenario shows signs of becoming even more unequal as qualification levels rise.

Maria Pilar Gonzalez, of Oporto's Faculty for Economics, has sought to establish the reasons for salary discrimination. Through her studies she concluded that on occasions it related to the characteristics of productivity and individual job descriptions, but other times, it was pure and simple discrimination.

She also found that despite pay discrimination amongst the elderly being consistent, it most affected younger generations, where "discrimination represents an increasingly significant role in salary differences".

However, Natívia Coelho, President of the Commission for Equality in Employment and the Workplace said he had never received a complaint relating to discrimination, reflecting the fact that women are maintaining a silence regarding the alleged inequality.

Concerning higher positions, the difference between male and female workers' salaries is in some cases even greater and can reach as much as 30.5 percent, meaning that if a man earns €1,000, his female counterpart would only earn €695.

Opposition majority pass bill that could fuel deficit



Opposition MPs in Portugal used their parliamentary majority last Friday to approve a controversial regional finance law that the minority Socialist Government said would undermine efforts to cut a ballooning fiscal deficit, officials said.

Portugal's minority Socialist Government had strongly opposed the legislation that would boost funding to the autonomous Azores and Madeira islands by €50 million in 2010. The Government, arguing the bill would make it impossible to rein in Portugal's budget deficit to under three percent by 2013, said SUCH regional financing would climb to €83 million in 2013.

Portugal's budget gap for 2009 is expected to hit a record 9.8 percent. Approval of the finance bill by the majority opposition lawmakers comes at a moment when Portuguese bonds and stocks are under fire due to the alarm at sovereign debt leaking from Greece in to the Eurozone's high-deficit club.

Prime Minister José Sócrates, who had earlier threatened to re-

sign if the regional finance bill was passed, joined senior cabinet colleagues in last-ditch talks with leaders of left and right-wing opposition parties before the final vote in an attempt to forge a compromise.

Finance Minister Fernando Teixeira dos Santos had said last week he could seek legal means to stop the extra transfers to Madeira and the Azores. *TPN/Lusa*

New car sales expected to rise in 2010

According to a forecast released earlier this week by the Automobile Association of Portugal (ACAP), the sale of new passenger vehicles should rise by 2.2 percent in 2010.

ACAP made these projections after announcing that new

car sales last year had fallen by 24.6 percent in relation to the previous year.

While this decrease was not as high as had first been feared, it is the worst fall recorded by the automotive industry in 22 years. In total, 161,000 new cars left

showroom floors in 2009, which ACAP Chairman José Ramos said was not only due to the economic crisis, but also a result of the Government's insistence of charging some of the highest taxes in the European Union on new cars.

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A fifth of Portugal's Swine Flu victims were healthy



Nineteen of the 105 people who died in Portugal after contracting the A H1N1 flu virus (more commonly referred to as Swine Flu) were, according to health sources, perfectly healthy before becoming infected.

Nevertheless, the number of deaths was still far from initial estimates that Swine Flu could kill some 10,000 people in Portugal alone, and was equally far from the number of deaths caused by normal seasonal flu.

However contrary to what occurs with seasonal flu, which mainly affects the elderly, Swine Flu caused greatest damage within the younger age groups.

Last winter (2008/2009), according to the Ricardo Jorge Institute, of the 700,000 people that were infected with seasonal flu 1,000 died. Eighty percent of these were reportedly over the age of 75. Forty-three of the 105 deaths caused by swine flu occurred in individuals aged between 37 and 54, leading experts to say the two strains of the virus cannot be compared.

Now firmly past the first wave of the pandemic, experts are still unable to say if and when a second wave of Swine Flu will strike. It has also been said that this winter the exact number of people suffering from normal seasonal flu was indefinable as various types of new strains of the A H1N1 virus that were not classified washed through the country.

Some specialists continue to urge the nation to be vaccinated against the virus, and this week, in the Azores, the jab was made available to the entire population.

Meanwhile, on mainland Portugal, Health Minister Ana Jorge has reiterated that the vaccination campaign for now will continue to focus on the 30 percent of the population originally designated as a first priority group. This group includes pregnant

women in the later stages, 'irreplaceable' medical professionals, members of the sovereignty, key workers in essential services and patients with weakened immune systems.

In total, so far some 500,000 Portuguese have been inoculated against the virus.

Last November tens of thousands of people who were earmarked in a first priority group to have the Swine Flu jab failed to show up for the vaccination. Delays were caused by a growing number of people refusing the jab as rumours mounted that it was 'unsafe'. All the while, the number of infected children – who were not included in the first priority group – continued to soar and by the end of last year represented half of all those who had contracted the virus.

Meanwhile this month the Health Ministry announced that Portugal had cancelled an order for 2 million doses of 'swine flu' vaccine – one-third of its original order for six million doses.

The Ministry said the cancellation with GlaxoSmithKline was in line with the World Health Organisation's revised recommendation that one dose of the vaccine was sufficient, rather than two as first suggested.

This followed a statement from Portugal's Minister for Health, Ana Jorge, at the end of January when she denied claims by the President of the European Council's Health Committee that the A H1N1 Flu pandemic was a hoax and had been announced to 'feed a medical fraud'. In her statement she defended all of Portugal's efforts in trying to control the virus.



Jorge Mineiro (right) the clinical director of CUF Discoveries Hospital with the director of Gynaecology and Obstetrics, Conceição Telhado, moments before a press conference last November on the case of a pregnant woman who lost her baby at 33 weeks after being vaccinated against Swine Flu. (Photo: Lusa / Mário Cruz)



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Carnival moves millions



Besides being a long-standing popular celebration that blends religion with the tradition of mask-wearing and in which, next week, millions of people across the country will participate, Carnival is now also firmly cemented as a yearly multi-million euro event that heftily boosts the intakes of the likes of hotels, restaurants and bars.



The Carnival parade in Loulé along the Costa Mealha avenue. (Photo: Lusa / Luis Forra)

In Ovar, one of Portugal's most frenzied Carnival-celebrating cities, event organisers expect that at least five million euros will change hands in that area alone.

Reportedly, restaurants in the region have been fully booked for weeks, as have hotels, and bars have extended their licenses to remain open until seven in the morning for the three days of the national event.

According to organizers, this is expected to bring in, "at least two million euros" for the region.

An estimated €220,000 is further expected to be made from the sale of tickets to the main event, generally a huge street parade with elaborate, themed floats, along with €15,000 generated by the various sponsors.

Several special train connections have been organized to run between Oporto, Aveiro and Ovar, which national rail company CP (Comboios de Portugal) estimates will result in takings of over €80,000.

However, as with each passing year parties throughout Portugal become bigger and more elaborate, so do the budgets set

aside to create them.

In Ovar, around €600,000 was budgeted for constructing and decorating the floats, to which each of the 19 various associations and four Samba schools participating in the parade added their own contributions.

Organisers calculated that each one of the 2,000 people participating in the event will have invested "between €150 and €300" from their own pockets.

Every year, tens of thousands of people flock to their local city centres to see the annual Carnival parade, often themed on national scandals, political or otherwise, and viewed as an opportunity to express public opinion.

Increasingly a Brazilian feel has been brought to the Portuguese celebrations, courtesy of the scantily clad Samba dancers, who over the years have braved rain and chilly February temperatures to bring colour and rhythm to the event.

This year Carnival officially falls on Tuesday, February 16th, which in most regions is an official holiday that could extend from Monday to Wednesday.

Jail sentence for US cigarette smuggler

In the first case of its kind, a third country national has received a custodial sentence in the United States for fraud against the financial interests of the European Union and has been ordered to re-pay \$1.5 million in restitution.

In the so-called 'Miami' case, the Court in the Southern District of Florida has sentenced a US citizen to two years in jail and ordered him to re-pay \$1.5 million to the EU authorities for his part in smuggling millions of cigarettes onto the EU black market.

Roman Vidal was handed the sentence last Friday after pleading guilty at an earlier hearing to charges relating to his part in defrauding European taxpayers of several million Euros in customs duties and taxes.

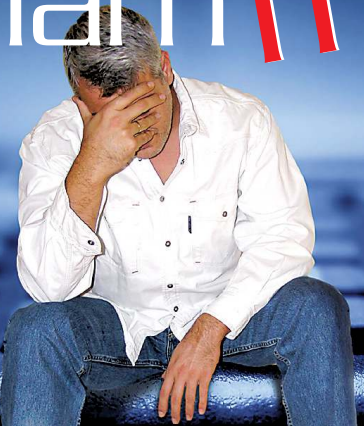
The defendant had conspired with individuals in the EU to smuggle cigarettes incorrectly described as "other goods" from the

port of Miami into a number of EU countries including Germany, Ireland and the United Kingdom.

Following the sentencing, OLAF's Acting Director General Mr. Nicholas Ilett said: "This is another fantastic result in this large-scale, complex international investigation which has been coordinated by OLAF."

"As well as the USA, this investigation spanned nine EU Member States and several countries in Central and South America. A total of 43 million cigarettes were seized in the EU and 11 arrests were made. We are particularly grateful for the excellent cooperation and support we have received from US Immigration and Customs Enforcement (ICE) and the US Department of Justice in respect of the American aspects of this case. Not only must Mr. Vidal spend the next 2 years in jail, he must also pay back his share of the illegal profits".

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Telecoms and banks most annoy consumers

Products and services from the telecommunications and bank industries are currently what most annoy consumers and represented the largest number of complaints sent to consumer watchdog DECO in 2009.

This is according to legal advisor Ana Tapadinhas who revealed that last year 381,000 consumers got in touch with DECO to obtain information on their rights or to request intervention from the Association; a 19 percent increase in comparison to the year before.

"Many" consumers contacted DECO to report complaints regarding a telecommunications package that they had purchased, but which "did not correspond to the service being given", said Ana Tapadinhas.

More specifically, the complaints mainly referred to packages incorporating television, telephone and Internet connections.

Internet access and connectivity speed were the main points of contention, as well as games and ring tones for mobile phones. Altogether, these made up 102,000 complaints.

A further 65,000 help requests filed by DECO related to banks and their services, the main complaint being that they "violated the duty to provide information" in matters relating to credit.



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EU calls on social networking companies to improve child safety policies



Around half of European teenagers give out personal information on the web – according to an EU study – which can remain online forever and can be seen by anybody.

On Tuesday, which was Safer Internet Day, the European Commission passed a message to teenagers: "Think before you post!"

It welcomed actions to protect children using social networking websites taken by the 20 companies who signed the Safer Social Networking Principles last year.

Most of these companies have empowered minors to tackle online risks by making it easier to change privacy settings, block users or delete unwanted comments and content. Yet more needs to be done to protect children online, the Commission says.

Less than half of social networking companies (40 percent) make profiles of under-18 users visible only to their friends by default and only one third replied to user reports asking for help.

"If we want children to think before they post, social networking companies should post the right information using the right language. Last year the European Commission urged companies to act, and I am glad that many have heeded this call," said EU Commissioner for Information Society and Media, Viviane Reding.

"However I expect all compa-

nies to do more. Minors' profiles need to be set to private by default and questions or abuse reports have to receive quick and appropriate responses. The internet is now vital to our children, and it is the responsibility of all to make it safe."

At last year's Safer Internet Day, social networking companies recognised the need for young users – and their parents – to feel safe when socialising online and signed the Safer Social Networking Principles.

These resulted from discussions set up by the European Commission in April 2008 with social networking sites, NGOs and researchers. A total of 18 companies signed the Safer Social Networking Principles in February 2009 and were joined by another two in June 2009.

One year on, the Commission has published a report on the implementation of the Principles on the 25 sites run by the signatories – Arto, Bebo, Dailymotion, Facebook, Giovanni.it, YouTube, Hyves, Windows Live, Xboxlive, Myspace, Nasza-klasa.pl, Netlog, One.lt, Piczo, Rate.ee, Skyrock, SchülerVZ, StudiVZ MeinVZ, Habbo, IRC Galleria, Tuenti,



European Commissioner for Society, Information and Media Viviane Reding speaks during a news conference on Safer Internet Day and mobile operators agreement on how to safeguard children using mobile phones, at the EU headquarters in Brussels, Tuesday, 06 February 2007. (Photo: EPA/Olivier Hoslet)

Yahoo!Answers, Flickr, and Zap.lu.

Findings show that 19 of the 23 sites provide safety tips and information specifically targeted towards children and/or teenagers (this measure is non-applicable for 2 services).

This information is both easy to find and easy to understand on 14 sites: YouTube, Habbo Hotel, Hyves, IRC Galleria, MySpace, nasza-klasa, Netlog, One, Rate, SchülerVZ, Skyrock, Yahoo!Answers, Yahoo!Flickr, Zap.

Lusophone bloc officials prep 'social protection' website

Officials and specialists in 'social protection' from the eight-nation Lusophone bloc this week staged a meeting to hone cooperation and set up a website for the exchange of data and experience.

The four-day gathering kicked off in Lisbon on Monday with the executive-secretary of the Community of Portuguese Lan-

guage Countries (CPLP), Domingos Simões Pereira, telling the Lusa News Agency it centred on "the sharing of problems and experiences".

Backed by the International Labour Organisation, the meeting resulted in the beefing-up of the site of the Social Protection Information Centre.

Simões Pereira said the site was destined for use by "labour unions, workers, and all those that intervene in social areas" with the aim of "improving social protection systems".

The Lisbon-headquartered CPLP binds Portugal and Brazil to five Lusophone African countries and East Timor. TPN/Lusa

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Gov't doing all possible to catch ETA suspects

Portuguese security services are making "enormous efforts" together with Spanish counterparts to find and apprehend a pair of suspected ETA terrorists who escaped from police last week and are now linked to an explosives cache discovered near the historic town of Óbidos, officials said.



Policemen at the quarry next to Casal de Avela where explosives were destroyed that had been found in a house allegedly used to conceal ETA operations in Óbidos on 6 February. (Photo: Lusa / Mário Caldeira)

Five state companies singled out in 'Hidden Face' corruption inquiry



Portugal's Public Works Ministry has detected "irregularities" in relations between five state-run companies and an industrial waste and scrap metal company suspected of running a nationwide corruption scheme.

The Ministry announced its findings earlier this week after an inquiry ordered last November into 34 firms with state shareholdings.

"The system of internal controls did not exist or did not operate effectively" at five of the companies which had contracts with industrial waste firm Grupo Godinho, the Ministry said in a statement, adding that "disciplinary" and corrective "management" measures had been ordered.

A "final report" would be sent

to the Attorney-General's office if justified, it said.

It identified the five companies at fault as national road company Estradas de Portugal, the Lisbon subway, railroad systems Refer and CP, and the Tagus ferries Transtejo.

The high-profile investigation launched last year into the alleged influence peddling and kickback scheme, dubbed 'Hidden Face', has involved two former Socialist government cabinet members among more than a dozen formal suspects. *TPN/Lusa*

Public consultation on EU-US data protection and information sharing

The European Commission has this week launched a public consultation on a future EU-US data protection and information sharing agreement.

The consultation aims at gathering the views of stakeholders and the public at large on the basis of a discussion paper as part of the preparatory work for the recommendation to authorise the negotiation of a future EU-US agreement.

All stakeholders and organisations involved in the protection of personal data and/or processing, transfer or sharing of information for law enforce-

ment purposes in the transatlantic context as well as the general public are invited to respond to the public consultation.

The closing date of the consultation is 12 March 2010. The consultation document can be found on the 'Your voice in Europe' website at

http://ec.europa.eu/yourvoice/consultations/index_en.htm

The European Council of 10-11 December 2009 adopted the Stockholm Programme which defines the framework for EU policy in the area of Justice, Freedom and Security for the period 2010-2014.

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State Secretary for Justice José Magalhães said Portuguese and Spanish law enforcement agencies are following all possible leads in an attempt to capture "those responsible for abominable acts."

Portuguese police said last Friday they had discovered a bomb-making cache at an apartment apparently used by Spain's separatist Basque ETA organisation, Spanish Interior Ministry sources said.

The officials told the Lusa News Agency an "important quantity of explosives" and other bomb-making materials, such as detonators, had been uncovered at the apartment in the central Portuguese town of Óbidos.

The sources said Portuguese police acted after the apartment's owner reported its occupants had disappeared without paying their rent.

The police action came a few weeks after Portuguese authorities detained two suspected ETA members in northern Portugal.

Madrid has requested their extradition. *TPN/Lusa*

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Jewish tourism a promising niche for Portugal



Creating direct flights between Israel and Portugal is currently being discussed by tourism chiefs in an attempt to explore a potential new niche for Portuguese tourism, particularly in the northern and central regions.

Jorge Patrão, President of the Serra da Estrela Tourism Board (TSE) said creating the direct flights "is key to developing tourism relating to the Jewish world".

"Over the past month there have been meetings that suggest new things are to come from this realm. We hope that this action in Serra da Estrela helps build an air bridge between the two countries" he continued.

One such incentive being organised by the TSE and the municipalities of Belmonte, Guarda and Trancoso is an event that will take place from November 1st to 7th this year, called the First Festival of Portuguese Sephardic Memories, which will celebrate the "heritage and living proof of Judaism in the region".

This event was promoted this week in Tel Aviv, Israel, at the city's International Mediterranean Tourism Fair.

In recent years Serra da Estrela has seen a growing number of tour operators bring Jewish visitors to the region largely because of its Sephardic heritage.

Talking to Lusa News Agency, Isaac Assor, a Lisbon-based tour operator for the Jewish market,

said having to catch connecting flights in Madrid or Brussels would be "uncomfortable" for the 30 groups already scheduled to travel from Tel Aviv to Lisbon this year.

"Creating direct flights is a priority that is on the table and being discussed by the two countries and we hope something comes of it", he said.

On January 25th Portuguese and Israeli representatives signed an agreement in Lisbon to encourage "the development of bilateral tourism cooperation".

One of the main objectives stated in the document is to "boost the interest of tourism operators and associate to it more air capability", explained State Secretary for Tourism Bernardo Trindade.

According to State Secretary Trindade, the fact that there is just one charter flight operating between the two countries is conditioning the development of the market.

He stressed that around 1,000 Israelis visit Portugal every year, while nearly three thousand Portuguese visit Israel.

"These numbers should be



People enjoyed the snow in the Serra da Estrela in early January in spite of the intense cold which fell to minus 10.5 degrees. (Photo: Lusa / António José)

considered miniscule given the dimensions of the two countries", he argued, stating, "Portugal has 10 million habitants and Israel

eight million – 20 percent of whom are of Sephardic origin"

"And the main reason for this is the lack of air transport, at least

twice a week, between Tel Aviv and Lisbon", he concluded.

Last year in Serra da Estrela's Belmonte Jewish Museum (one

of the region's main Jewish places of interest) of the 17,840 visitors in total, around 800 were Israeli Jews.

No signs of recovery for January tourism

Hotel occupancy rates in the Algarve have failed to show any signs of recovery after falling by 16 percent last month, in comparison to January 2009.

In a press release AHETA – the Algarve Association for Hotels and Tourist Resorts – revealed that average accommodation occupancy rate across the region was 24 percent, 16 percent less

than in January the previous year.

The greatest drops were registered in Monte Gordo and Vila Real de Santo António, where the number of people staying in tourist accommodation decreased by 25 percent.

This is the first batch of official statistics released since AHETA's statement last month in 2009 was slammed as "the

worst year since 1995".

This was immediately contradicted by the State Secretary for Tourism, who claimed 2009 was one of the best years in recent history.

Meanwhile, last month's figures showed that occupancy rates also dropped by 21 percent in the popular areas of Carvoeiro and Armação de Pêra, by 18 percent in Lagos and Sagres, and by around 16 percent in Albufeira.

The only municipality in the Algarve to register a slight increase in the number of January visitors was Tavira, where accommodation was 10 percent fuller than in January last year.

And despite suffering the greatest drop in occupancy, hotels and resorts in Monte Gordo and Vila Real de Santo António were still the busiest in the Algarve; those municipalities registering average occupancy rates of around 54 percent.

On the other hand tourist accommodation in Lagos and Sagres was the least full, with an average occupancy of just 14 percent.

The number of Brits holidaying in the Algarve is still falling, giving continuation to the worrying phenomenon that has seen what was once the Algarve's strongest incoming market weakened significantly.

In January this year 36 percent fewer Brits visited the Algarve, in comparison to January 2009.



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Banning the Burqa

Eight months ago (and ten months before regional elections were due to be held all over the country), French president Nicolas Sarkozy raised a vital issue before the French parliament. Not the financial meltdown that was undermining the world's economies, or the threat of climate change, or even the rash of bike thefts in Paris. He wanted to ban the burqa.



French Association 'Ni Putes, Ni soumises' (lit.: Not Whores, Nor Subjected) activists walk towards the right political party UMP headquarters dressed with burkas, in Paris, France, 26 January. The Association activists in an ironic manner marched in support of a law that would ban burqas — which they feel are demeaning to women — throughout France the same day a parliamentary commission recommended a partial ban of the Muslim face veils. (Photo: Lusa/EPA/Yoan Valat)

"The problem of the burqa is not a religious problem," he told French legislators in June of last year. "This is an issue of a woman's freedom and dignity. This is not a religious symbol. It is a sign of subservience.... I want to say solemnly, the burqa is not welcome in France." The next day parliament created a 32-member cross-party committee to investigate whether wearing the burqa violates the principles of the French constitution.

The burqa is a shroud-like full-body covering worn in public by some Muslim women who take (or whose husbands or fathers take) an extremely conservative view on the need for female "modesty." The wearer sees the world only through a narrow grill of cotton threads sewn into the front of the garment, or, in the case of the variant called the niqab, through an open slit that reveals only the eyes.

The parliamentary committee discussed the issue of the burqa for six months, and delivered its conclusions two weeks ago. It did not propose to ban the burqa entirely, but recommended that women wearing burqas be forbidden to enter schools, hospitals, and government offices or to use public transportation. Thus a bus-driver, for example, could refuse to let a burqa-clad woman board the bus to collect her children from school.

What useful purpose could such a law serve? Some of the women wearing burqas presumably do so of their own free will, while others are forced to do so by their male relatives. An anti-burqalaw would violate the rights of the first group, and increase the likelihood that the second group will be entirely confined to their homes.

But the proposed law is not really designed to liberate some Muslim women from their burqas. It is meant to appeal to anti-immigrant and anti-Muslim voters, who are mainly on the right in France, by demonstrating the government's determination to force the country's Muslim minority to integrate with the rest of the population.

The French parliament cannot move fast enough to pass such a law before the regional elections are held in March, but the committee's report ensures that an ugly debate about immigrants will be raging during the election campaign. It is part of the same disturbing trend in Europe that saw Swiss voters ban minarets in a referendum last year, and Dutch legislators vote in favour of banning the burqa in 2005. (The Dutch government lost an election before a law was passed.)

It is estimated that between 3 and 6 million (5 to 10 percent) of France's 64 million people are Muslims. It is also estimated that only 1,900 women in France wear burqas, mostly in the immigrant suburbs

around Paris and other big French cities. That is less than one Muslim woman in a thousand.

This is not really about burqas (which almost half of the French population say that they never see). It is about mobilising right-wing voters — and to energise them even more, Sarkozy declared a "great debate" on French identity last November. His motives are cynical and his methods are manipulative — but since he has raised the issue, what about it? Is wearing a burqa compatible with being the citizen of a modern democracy?

The "republican" tradition of revolutionary France says no. Citizenship is defined not so much by individual rights, as in the Anglo-Saxon tradition, as by public participation in the political process. Since the burqa is specifically designed to cut the wearer off from the public sphere of life, it violates the republican tradition. But this isn't really about political theory.

If you have not been accustomed to it since childhood, there is unquestionably something disturbing about encountering masked people (for that is what the burqa and niqab produce) in a public space. The wearers' gender and your own common sense will tell you that they are not dangerous people, but they are and will remain apart, almost alien, rejecting the common society that everyone else shares.

That is not ideal, but it must be tolerated in societies that accept and embrace every other kind of diversity. Fadela Amara, a Muslim-born women's rights campaigner and a minister in Sarkozy's government, has called the burqa "a kind of tomb for women," but she has no right to impose her view on those who freely choose to wear it.

That does not take account of the other women (probably a majority) who wear it only in obedience to their men, but this is not a matter on which legislation can be effective. Ban the burqa, and those women will simply become full-time prisoners in their own houses. Besides, Sarkozy is not really trying to free those women. He is just trying to win the regional elections by stirring up anti-Muslim feeling.



Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

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Portugal's rich and famous help fight AIDS discrimination



Nearly 40 Portuguese high-profile celebrities have joined forces in helping fight the discrimination that AIDS/HIV positive people are still faced with, in a campaign organized by two leading national associations dedicated to the cause.

Amongst the 39 celebrities are comedian and presenter Hermen José, Benfica football player Nuno Gomes, and politician Francisco Louça. Along with the remaining 36 famous participants, they will front a campaign which is based on the question 'How would you react if a famous person that you knew and whose work you admired was HIV-positive?'

It was conceived by the SER+ Association (Portuguese Association for the Prevention and Challenge of AIDS), and GAT (Active Portuguese Group for HIV/AIDS Treatments).

Overall, the campaign aims to raise awareness about the dis-

crimination associated with a disease which in Portugal has infected some 35,000 people.

To achieve this, the associations joined together and challenged the various personalities to ask themselves 'What if I was HIV positive?'

As of this week, the celebrities' answers can be seen on TV, on billboards and on ATM machines; for example, comedian Herman José asks 'If I were HIV positive, would you make laughter with me?'

Francisco Louça, leader of the Leftist wing, asks 'If I was HIV positive, would you listen to me?' while national sports star Nuno Gomes questions, 'If I was

HIV positive, would I play for such a big club?'

The Prime Minister and other Ministers were also invited to participate in the campaign, though while some politely declined the offer, others simply refused.

A spokesperson for the project, Andreia Ferreira, told Lusa News Agency that the politicians took the most convincing to participate.

An anti-discrimination helpline (707 240 240) has also been set up, via which a team will offer help and support to all those who believe they are the victims of discrimination for having AIDS or being HIV-positive.

New logo selected for all EU organic products



The European Commission has this week officially announced the winner of the EU organic logo competition.

Over the past two months, some 130,000 people have voted online to choose the new organic symbol from three finalists.

The winning design is by Dusan Milenkovic, a student from Germany, who gained 63 percent of the overall vote for his

'Euro-leaf' logo.

From 1st July 2010, the organic logo of the EU will be obligatory on all pre-packaged organic products that have been produced in any of the EU Member States and meet the necessary standards.

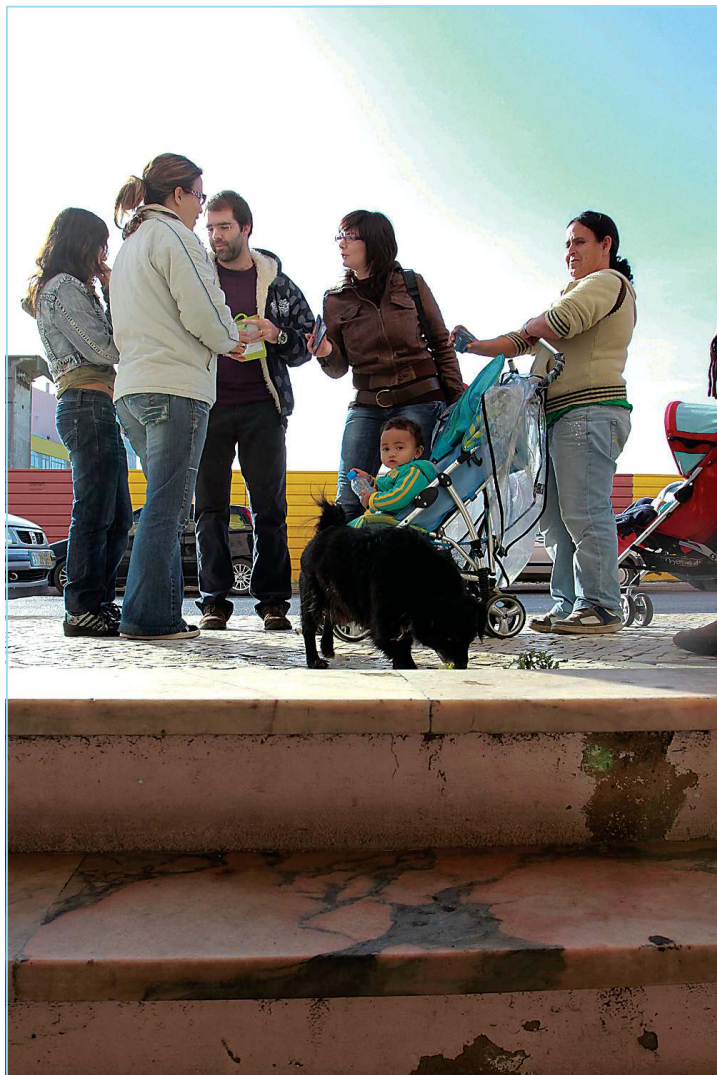
It will be optional for imported products. Other private, regional or national logos will be allowed to appear alongside the EU label. Organic farming regulation will be amended in the coming weeks to introduce the new logo into one of the annexes.

"I am delighted that we now have a fresh EU organic food logo," said Mariann Fischer Boel, Commissioner for Agriculture and Rural Development, who first proposed the competition to select a logo.


"This exercise has raised the profile of organic food and we now have a logo which everyone will be able to identify with. It's a nice elegant design and I look forward to buying products carrying this logo from July this year."

The winning logo was the result of a pan-European contest open to art and design students. The nearly 3,500 logo designs submitted were examined by an internationally renowned jury. The best three logos were uploaded on the competition website www.ec.europa.eu/organic-logo and were subjected to an online vote which ended on 31 January 2010.

The 'Euro-leaf' design shows the EU stars in the shape of a leaf against a green background.



The city of Peniche is active in the fight against HIV. Every day teams are sent out on to the streets, seeking out victims and teaching them preventative measures. (Photo: Lusa / Mário Caldeira)



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The logo we will soon be seeing on all organic foods

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Toyota recalls 201 hybrids in Portugal



Toyota Caetano Portugal announced this week it was recalling 201 Prius vehicles due to the problem with brakes that has affected this particular model all across the globe.



A sign at a Toyota dealership in New York on 04 February 2010. Toyota was facing further fall out from the recent decision to recall 2.3 million vehicles in the United States due to a potential problem with sticking accelerator pedals and announced it has begun fixing problems with the brakes in the Prius model. (Photo: EPA/Justine Lane)

In a statement released this week, Toyota Portugal said "all third generation Prius vehicles sold in Portugal between September 2009 and January 31st 2010, totaling 201 vehicles, will be recalled, but only a small part of these will require corrective measures."

Toyota explained that to date, there have been no accidents linked to this issue reported in Europe, adding that "No other Toyota or Lexus models are affected by this latest recall action in Europe."

The recall is being taken in response to reports of inconsistent brake feel during slow and steady braking on bumpy or slick road surfaces when the anti-lock braking system (ABS) is actuated.

This recall will consist of a software upgrade in the anti-lock braking system, Toyota said.

The procedure will be carried out free of charge and will take approximately 40 minutes using standard test equipment in use at all authorised Toyota service centres.

This follows a recall last week, which affects close to 30,000 vehicles in Portugal relating to accelerator problems.

French car manufacturers Peugeot and Citroen last week announced they are launching a "preventative recall" of around 100,000 vehicles currently circulating on European roads.

In Portugal, a total of six hundred vehicle owners have been contacted to bring in their cars for a review.

In a statement, the PSA group announced that some versions of the Peugeot 107 and Citroen C1 could have technical flaws.

PT ups Brazil IT presence with purchase of GPTI

Portugal Telecom this week announced the acquisition of Brazilian IT firm GPTI, saying the all-share deal would make PT Brazil's fourth largest IT provider.

The merger would help PT "meet its goal of achieving more than 100 million clients, two-thirds of them outside Portugal", CEO Zeinal Bava told the Lusa News Agency in Lisbon.

GPTI, which had revenues of more than €54 million last year, will be wrapped into PT Sao Paulo-based subsidiary Dedic

that will issue shares for a 12.5% stake to GPTI shareholders.

PT said in a statement that its new acquisition had a "strong [client] portfolio", including leading Brazilian banks, like Bradesco and Itaú, and international companies, such as IBM and General Electric.

TPN/Lusa

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IRS 2009: Expenses

nº 4: TAX CREDITS FOR HOUSING

by Dennis Swing Greene

The IRS tax code offers generous credits for housing costs within Portugal. Unusual in the international context is the fact that domestic legislation affords equal treatment to mortgage, leasing and rent.

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- 2) 30% of lease interest made for principal residential accommodation up to a maximum tax credit of €586.00.
- 3) 30% of rent, net of official subsidies (*Regime do Arrendamento Urbano, Decreto-Lei n. 321-B/90, de 15.10*) up to a maximum tax credit of €586.00. Note that it is essential to have the proper type of rental contract since a copy of this agreement must also be registered at the local *Finanças* office.

QUESTIONS & ANSWERS:

I have a mortgage on my house. How much will my tax credit be? Interest and amortisation payments for your principal

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Yes. As long the property is your principal residence, the interest and capital repayments also qualify for this tax break.

My family gave me a loan to buy our home. Does this type of loan meet the requirements for tax credit?

Yes. This credit is available for loans from diverse sources, not just Portuguese banks. However, you will need to have proper documentation to substantiate the loan, not just a handshake.

How do I declare my mortgage on my IRS return?

As with other credits with upper limits, you report only what you have actually spent. *Finanças* do all of the calculations for you. If you have a mortgage ("Crédito de Habitação") from a Portuguese financial institution, they will

send you annually a statement ("Declaração") for tax purposes. **We have a mortgage on our flat but now rent out the apartment. Are we still eligible for this tax credit?**

Yes. As long as the property serves as the principal residence for the tenant, you (the landlord) can still claim the tax benefit on the mortgage. There are specific contract requirements for such an arrangement; it must be done in triplicate, with one copy registered in *Finanças*. In other words, if the property is used for holiday lets, the credit does not apply.

Next: Tax Credits for Insurance and other Expenses

Dennis Swing Greene is Chairman of the Board and International Fiscal Consultant for euroFINESCO s.a. Private consultations can be scheduled at in Guia (Albufeira) 289561333, Lisbon (Chiado) 21342421 and in Funchal (Sé), Madeira 291221095, by e-mail at info@eurofinesco.com or on the internet at www.eurofinesco.com.

PM inaugurates new facility at biotech research park



Prime Minister José Sócrates has this week inaugurated the second phase of Portugal's first biotechnology research park in the central town of Catanheide.

The new, €3.8 million building at the Biocant park will house 10 research firms, raising the total number of biotech companies at the complex to 15.

Biocant CEO Carlos Faro told the Lusa News Agency expansion plans called for three more buildings, including one to receive neighbouring Univer-

sity of Coimbra's Neurosciences Centre which will employ 150 researchers.

Launched in 2005, Biocant is a joint project backed by the town of Catanheide and the universities of Coimbra and Aveiro, among other institutions.

TPN/Lusa



Prime Minister José Sócrates during a visit to inaugurate Biocant II at the Biotech Research Park in Catanheide on 9th February. (Photo: Lusa / Paulo Novais)

Blockbuster Portugal goes bust

Movie rental chain Blockbuster has announced it is to close its outlets in Portugal after an insolvency procedure was initiated following successive losses in revenue for which piracy has been named as the main culprit.

According to the Portuguese Association for Audio-visual Commerce (ACAPOR) movie piracy is the main cause for the decline of video clubs across the country.

ACAPOR said that Blockbuster had suffered "successive losses in revenue that reached 60 percent, 20 percent of which happened in the past year alone".

More than one hundred jobs are now at risk of being lost following this news.

As well as highlighting piracy as the main culprit

ACAPOR also laid part of the blame on the doorstep of the authorities, which it accuses of not knowing how to take care of private investment and leaving investors at the mercy of unmasked and unashamed robberies.

"Online piracy is a crime and it causes real victims", the Association said, stressing that the "laziness in combating illegal downloading is shameful".

Data from ACAPOR showed that last year more than 120 video clubs in Portugal closed down.

Macao leader to make first trip abroad to Portugal

Macao Chief Executive Fernando Chui Sai On, plans to make his first official trip abroad to Portugal and Brussels in either June or July, a diplomatic source said.

"The chief executive will make his first foreign official visit to Portugal, a country that has a very strong historic link to Macao and China", the diplomat told the Lusa News Agency, adding that the dates and agenda of the visits were still under preparation.

Chui, who took office at the head of Macao's administration last December, was expected to meet with President Cavaco Silva, and leaders of the Portuguese Government and Parliament when he comes to Lisbon.

The second leg of the trip will take Chui to Brussels, where he will meet with the European Commission and members of the European Parliament, the source said.

The now Chinese territory was administered by Portugal

for about 450 years until its handover to Beijing in 1999.

Since 2003 Macao, has served as the hub for China's business relations with Portuguese-speaking countries, including Angola and Brazil.

In a related story, it has been revealed that Macao and Hong Kong casino tycoon Stanley Ho's fortune is currently estimated at USD 2.1 billion putting him 17th in this year's rich-list by Forbes magazine.

Ho, 88, was 5th in the 2008 Forbes global league table of multi-millionaires with USD 9 billion, dropping to 19th position last year with USD 1 billion. Forbes put Ho's improved ranking this year down to a new administration in Macao and China, and his real estate investments.

TPN/Lusa

São Tomé PM wants Galp to participate in offshore oil exploration

Prime Minister Rafael Branco of São Tomé and Príncipe has this week said he would like Portugal-based energy company Galp Energia to be involved in lucrative oil exploration after an auction of blocs is launched later this year and recent alterations to the islands' oil legalisation could facilitate this.

São Tomé's oil authorities expected the licensing round for the archipelago's exclusive economic zone to start by the end of next month, Branco confirmed after talks with Prime Minister José Sócrates in Lisbon.

Preparatory work to begin the EEZ licensing round is complete and São Tomé will shortly begin negotiations with some companies for preferential rights in the offshore blocs to make the process as smooth as possible and prevent uncertainties among firms tendering bids, added Branco, who arrived in Portugal at the weekend on a week-long working visit.

São Tomé's next government after the polls scheduled for later

this year will be responsible for overseeing the EEZ licensing round. Changes in São Tomé's oil laws to allow closed tenders for some undertakings mean that Galp could get production contracts in the upcoming licensing round, Branco said.

"In the past Galp has expressed interest several times in participating in São Tomé's oil sector. Unfortunately, at that time the law didn't allow this. This administration has worked to change the legal framework and today there is an opportunity for Galp to take part."

São Tomé's prime minister reiterated that Portugal and Angola are his country's leading strategic partners and this cooperation presupposes Portuguese and Angolan firms having a pivotal role in the development of São Tomé's natural resources. On the subject of São Tomé's legislative, regional and local elections due this year Branco said he expected the polls to occur by June at the latest. TPN/Lusa

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Portimão's Municipal Sporting Pavilion revamp



In what will be an investment of around €1.3 million, Portimão council's Sporting Pavilion will be undergoing a complete overhaul to modernise and increase its area.

The purpose of the revamp is to make the Pavilion, built in 1983, more appealing to Portimão's citizens and encourage them to practise more sport. The façade and the interior of the building will be going through big changes, with several activity rooms and backup services being built around the main area. The main sport arena will have four changing rooms, four other sport rooms having six changing rooms, four public bathrooms and one for referees, two bathrooms for the disabled, two service areas

and a secretarial office.

There will be seating for 325 people, of which fourteen are for handicapped people. The current roof will be removed and replaced with aluminium and polyurethane boards, providing better sound and heat insulation, and better lighting.

The renovations will last ten months and will be in line with the future 'Urban Park' project, to be located in the centre of Portimão, which will have several public services integrated into a 5 hectare area of green spaces.

A promising start to the Goldra Kennel re-homing drive



Following news last week that the Goldra Kennel in Loulé, otherwise referred to as the 'Quintinha', was to close, its volunteers are happy to announce that since the news broke four dogs we re-homed in under a week, one of which had been there for over two years.

A statement from Goldra read "We started the week with 110 dogs needing homes and I am delighted to say that we are now down to 106. This weekend Dolly who has been in the Quintinha for over two years has been adopted - she was so happy to have a walk on grass and loved being bathed! She is now 10 years old and has a wonderful new home with very caring people who will look after

her in her twilight years".

Three other dogs and two Siamese cats were also re-homed. The remaining cats are being counted on Tuesday - "they have lots of places to hide in Cat Village! We have had very generous offers of support for the cats which will be followed up this week", the statement continued.

Last week The Portugal News reported how new homes were

desperately being sought for over 100 dogs and more than 70 cats as it was confirmed that the Goldra kennel was to close.

Established over a decade ago by founder Lourdes Ingle, now 72, the kennel is closing due to Lourdes' ill health and inability to keep it going. The statement concluded "Even if you do not have a particular dog in mind you are very welcome just to look around

to see if any dog is right for you - one might just choose you!"

A fundraising quiz event held at the Strictly Social dance academy last weekend raised over €500 to help Goldra continue its functioning. "Brains worked overtime as the teams competed to find the right answers to a quiz compiled by Goldra's very own Quiz master, Colin New and his assistant, Robbie the Robot.

Master of Ceremonies, Mike, led participants through the evening which included a generous and tasty buffet supper. The Quiz Night at Strictly Social raised a magnificent total of €512 thanks to the generosity of team members, donations of raffle prizes and food for the buffet. "The next one will be held on Saturday 6th March, again at Strictly Social, Alcantarilha, and there are spaces for a few more teams of four or six, or for individuals to join one of the 'Nomad' teams.

Ring Colin to secure a place on: 917 764 885 and compete for the Winning Hammer. Meanwhile, more funds still are needed to look after the dogs and cats at Goldra until new homes are found. Anyone interested in adopting an animal can arrange a convenient time during the week. Call Ingrid on: 918 973 896. For appointments on Saturday 13th February, 1100-1500, call Ingrid, and on Sunday 14th February, 1100-1300, please call Verna on: 962 560 451.

Alternatively, see website: www.quintinhaanimalcentre.org.

'Tuning' cars targeted

GNR carried out a massive operation near the Algarve Stadium, between Faro and Loulé, last Sunday night, targeting modified vehicles.

The police authorities explained that the operation, which involved 43 officers between 22h00 and 24h00, was focused on modified vehicles.

During the two hour long inspections, 152 vehicles and drivers were inspected, with a total of 27 fines being issued. The main offenses were the lack of MOT's, insurance and

prohibited lights.

"Eight vehicles were seized due to dangerous driving and seven citizens, aged between 20 and 25, are awaiting trial for the same crime" said the GNR.

A further seven vehicles were also seized for illegal modifications and must now undergo an MOT to be evaluated and validated for use on public roads.

Illegal immigrants arrested



Immigration Control (SEF) detained 24 foreigners in the Algarve between February 1st and 5th for residing illegally in the country. A further sixteen people were asked to leave the country voluntarily.

Several identification and control operations were carried out in the Algarve by SEF officers in the first five days of the month, having inspected a total of 1,035 foreign citizens, of which 24 were detained for illegal residency.

Last Friday the SEF took action in Faro, Loulé, Albufeira and Portimão to "investigate the situation of foreign residents on national territory", stated the press release from the SEF. This operation also took place to prevent and discourage criminal practice amongst foreign citizens, accord-

ing to the authorities, who said "Between 00h00 and 24h00 several foreigners were checked in nightclubs, on the streets and places where foreigners, with previous criminal records, congregate."

On Friday night alone, a total of 127 foreigners were identified, twelve of whom were detained for being illegally residing in the country. The SEF added that three people were notified to leave the country and two owners of establishments were also charged for hiring illegal residents.

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Mass Alicoop sackings could happen 'within days'



A failed meeting between the struggling Algarve-based food distribution company Alicoop and state-owned bank *Caixa Geral de Depósitos* (CGD), which had hoped to save the Algarvean chain, now means that more than five hundred Alicoop employees could lose their jobs within the next few days.

Collective firings looked sure to commence this week after a meeting that was hoped to sort out the company's debt failed to materialise. Minutes before it was set to take place CGD cancelled the last-ditch meeting, scheduled for 17h00 on Tuesday afternoon.

Left without further options or solutions, Alicoop's administrator has now said "drastic measures" will be applied.

A further 200 jobs are also believed to be indirectly affected should the heavily indebted group go under.

Speaking to *Jornal de Notícias* (JN), Alicoop administrator José António Silva claimed it was "difficult" to say exactly what the drastic measures would be, but suggested "the most likely [measure] is that we will have to reduce activity to a minimum, or even by 100 percent, in other words, closing the shops and firing the workers".

The Alicoop Group, which comprises 87 Alisuper supermarkets, has considered holding a meeting with its employees in an attempt to offer an explanation.



Workers from the Alisuper supermarket chain seen here earlier this week protesting in Lisbon outside the headquarters of the Caixa Geral de Depósitos bank in a last-ditch bid to save the ailing Algarve-based company. (Photo: Lusa/José Sena)

"Until then no decisions will be made", José Silva guaranteed. Alicoop workers' spokesperson José Parreira said they would rather believe that a new meeting will be scheduled with CGD, and that the bank "is trying to buy time to come up with a solution for the situation".

The group is believed to have a debt of almost €80 million, and does not have resources to pay its workers' salaries or suppliers. Unpaid salaries date back to December last year, and holiday subsidiaries for 2008 and 2009 also remain unpaid.

As a result, the chain's supermarket shelves are bare and clients few and far between. According to employees, Tuesday's meeting was seen as a 'rescue buoy'. It was rumoured that CGD could be willing to inject €1.2 million into the flailing group, which is currently wrestling with insolvency.

The alleged reason for CGD cancelling at the 11th hour was that it did not agree with the suggested meeting place, a lawyer's office in Lisbon, nor was it informed of who would be present at the meeting.

Neither Alicoop's administration nor its workers' committee believes the justification.

Hours before the ill-fated meeting was due to take place around 400 Alicoop workers gathered in front of CGD's headquarters in Lisbon.

Meanwhile, the leader of the democratic PSD/Algarve party

Bota Mendes has criticised CGD for pulling out of the meeting, and said its actions were preventing Alicoop from viability.

The social democrat MP said "it is hard to understand CGD, the largest financial institution in Portugal".

GNR arrests Vila da Luz burglar



Last week Lagos GNR arrested a man suspected of robbing several houses in Vila da Luz, near Lagos. The intruder was caught after setting off an alarm in Montes Lermos.

A GNR patrol car was sent to the house in Lagos after the alarm was set off. On arrival, the GNR patrol saw a man coming out of a parked car and speaking on the phone, with two other men inside. Having noticed the patrol car, all three men fled immediately on foot, with police only detaining one after the chase.

"The detained individual and the seized vehicle were

taken to the GNR station, where a thorough search of the car was carried out, with a total of 22 doses of hashish and €230 in cash being seized" stated the GNR. After the findings, the GNR officers carried out a house search and identified another 27 year-old Romanian, who is also suspected of being involved in the burglaries. At the individuals' residence, officers seized several objects, suspected to

have originated from criminal activity, such as plasma TV's, laptops, televisions, as well as crowbars, knives and pliers, thought to be the tools used for the break-ins.

"The arrest of this individual will contribute towards the increased feeling of security for the populations of the Algarvean region" stated Faro's GNR General Command.

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British pilot Paul Bonhomme in action above an estimated crowd of 800,000 spectators to win the final race of the season and capture the 2009 Red Bull Air Race World Championship in Barcelona, Spain, 04 October 2009. EPA/BOB MARTIN / RED BULL AIR

Red Bull Air Race brings great expectations



Restaurant owners on Lisbon's riverside have high expectations for the first Red Bull Air Race in the capital, believing the spectators will bring great revenue to their establishments in this year of economic crisis.

Although it is not expected to take place until the first weekend of September, between the April 25th bridge and the Belém Tower, restaurant owners are already eager for the busy days to arrive as figures have been very poor in the recent past.

At the restaurants near the 'Padrão dos Descobrimentos' monument, on the Lisbon riverside, expectations are "high", said Rita Rocha, owner of one of the establishments, adding that the event moving to Lisbon "is fantastic in every way."

Another café owner remembered the attendance at the Oporto venue, when he couldn't reach the riverside due to the large crowds: "If it is like that in Lisbon it is going to be completely full and it will be great for business. It is going to be hard work, but it will be worth it."

All businesses appreciate the positive effects the event brings,

saying that "any events that take place in Lisbon are welcome" and "always help business."

Even owners of restaurants and cafés in Algés, where an airstrip will be built for the planes to land, are preparing for the 'Formula 1 of the skies'.

"We cannot forget the teams that are coming to build the airstrip and prepare the space, nor the days of the events, those are the good ones" said Manuel Dias, owner of a café in Algés.

Last year's Red Bull Air Race in Oporto and Gaia gathered around 720,000 spectators. Lisbon's Chairman of the Tourism Association estimates this year's event will attract at least 50,000 people, who will spend around €39 million during their stay.

Lisbon will be the last stage of the 2010 Red Bull Air Race World Championship, after renowned cities such as New York, Budapest and Abu Dhabi.

Dining for Haiti raises €1,000

Americans in Portugal and Democrats Abroad Portugal joined forces on Sunday, February 7 to sponsor a dinner to raise funds for aid to stricken Haiti.

Sixty-eight people attended the dinner, coming from numerous ex-pat nationalities, the US Embassy and NATO. Haitian music and photos of earth-quake stricken Haiti set the atmosphere of purpose for the evening.

The designated charity to receive the funds is SOS Villages Haiti. The money will be wired

directly from Portugal to the main SOS Village in Haiti with a guarantee that the money will be used for child relief rather than for administrative costs. Mayura, the popular Indian restaurant in Cascais (Rua Freitas Reis 15-B) offered a selection of their choice regional specialties and contributed two-thirds of the proceeds to the Haitian aid fund.

Over €1,000 was realized for the beneficiaries, SOS Children's Villages in Haiti, which have been sheltering abandoned and orphaned children for many years

and has opened its doors to many of the recent refugees.

Pat Westheimer, for Americans in Portugal, and Stuart Schuyler, for Democrats Abroad Portugal, opened the informational part of the evening followed by timely comments from Dr. Manuel Matias, President of SOS Villages Portugal and a richly informed review of the extent of U.S. relief activity in Haiti, by Abby Dressel, Public Affairs Officer of the US Embassy. Ms. Dressel stated, "Twenty-six days after a 7.0 Magnitude earthquake hit Port-au-Prince, we now know that an estimated 200,000 people are dead; another 300,000 were injured; 250,000 homes were destroyed and 30,000 businesses were lost. 800,000 to one million people have been displaced; two million people are in need of food assistance and three million have been affected by the earthquake." In addition to the talks, a raffle was held with 100% of funds raised going to Haiti.

The sponsors hope that the success of this event will spur many more similar Haitian aid events.

Resurfacing of the Marginal delayed



The resurfacing of the Marginal road, at the entrance of Cascais, which has been damaged by construction work of a pedestrian underpass from Palmela Park to the riverside, has been delayed due to bad weather.

Although the resurfacing of the road has been delayed, two lanes have reopened, decongesting the Marginal at the entrance of Cascais.

"The decision to delay the resurfacing of the Marginal is due to the return of adverse weather conditions. However, seeing that the digging and setting of the surface has concluded, it

will be possible to take away the narrowing at the entrance of Cascais tonight, with traffic flowing via two lanes in each direction" said Lisbon Council on Tuesday.

The resurfacing of the Marginal road has been postponed to next week, between Wednesday and Friday, which will condition traffic, but as all the work will be taking

place at night there will be minimum disruption.

Construction work on the Marginal has been taking place since February 2009 and was expected to last only five months. The work consisted of building a ten metre wide and 48 metre long tunnel for a pedestrian underpass, connecting Palmela Park to the riverside walkway.

Pickpockets profiled

Lisbon's PSP has recently revealed the most common profile of a pick-pocket: male, aged between 35 and 60, well dressed and with a jacket or newspaper in his arms.

Pick-pocketing crimes diminished by 13.4% in 2009, according to Lisbon's PSP, with a total of 10,479 thefts, compared to 12,111 in 2008.

Although no specific description can be made of a pick-pocket, the PSP has trained officers to identify them at certain locations and events by studying behaviour.

According to the PSP, pickpockets are usually aged between 35 and 60, are well dressed and have a jacket or newspaper over their arm to conceal the hand action and to hide the stolen wallet immediately. They can operate in groups of three or four people, as well as individually. Their criminal actions take place in

busy areas where pushing and shoving is common, many times caused by the pick-pockets themselves.

According to the PSP, the pushing facilitates body contact between the victim and perpetrator, and as soon as the wallet is stolen, it is immediately handed to another partner in crime, so that, if confronted by the victim, he does not have it in his possession.

Wallets in back pockets and open handbags are the ideal target, further states the PSP, who say this activity takes place all year round, with a growing tendency during the high-season.

Lisboa, Oporto and Setúbal are the cities where such crimes take place, due to the population density. These crimes are practically always reported to police forces as the victims need a police report to have new documents issued.

In 2008, Lisbon's PSP arrested 108 pick-pockets.

www.the-news.net

How I Found Freedom

Imagine returning to your car, which you locked and set the alarm on, only to find it open and empty. That's what happened to me last Saturday after I attended a gym class from 3 – 5 pm. The robbers had a professional device to pry the lock from the driver's side door, disable the alarm, then scour the car for its contents. Of course I was foolish to leave a purse inside, albeit hidden and well out of sight. The items inside included a Louis Vuitton wallet copy I bought in China last summer; my two-year old iPhone packed with my contacts, handy apps and my agenda for the next six months; a set of house keys; and my bank cards.

Immediately after I discovered the car in its disabled state, I fled back inside the Health Club Visconde, one minute from where I had parked. It's an upscale gym in Cascais that has all the perks except one: dedicated parking. Clients have to park on the streets in front and around the club, an acknowl-

edged problem for the gym, but one they have not been able to solve. That's why I was surprised when I went back inside with details of the robbery and was met with nonchalance, at best, from the management.

"Oh," the new manager said, almost as an afterthought "We do have security for the cars during the week."

"So," I said, "You have had problems?"

"Well, not this week."

In the immediate aftermath of the robbery, one young man working at the club did offer to help. Frederico handed me his telemovel as he looked up numbers for the police, my banks and for Vodafone. After five minutes, all of the credit and multibanco cards were cancelled. The police took longer to reach and to arrive. When the local police number didn't answer, we called 112. Finally the police arrived 40 minutes later behaving more like they were at a picnic than at a crime scene. They didn't want to write anything down and kept telling me to

go to the tourist police. In decent Portuguese I explained I am permanent resident and insisted they write down the facts. They said they had no computer, but I prevailed and finally they wrote something, at the same time sunning themselves, or so it seemed. (That night I went to Police headquarters in Cascais and got the formal report.) Then I rushed home to make sure my apartment was safe. (It was.) That evening I had to change the front door lock which cost me €300 but gave me a great piece of mind. Regarding my Portuguese BI and USA passport, I know it's the law to carry originals, but I never do. Replacing them would be a hassle far greater than the cards or the keys. I carry only photocopies.

I will end with the tale of the iPhone. On Sunday of last week, I went to Cascais Shopping to inquire about purchasing a new one. "Portugal is all sold out of iPhones" the Vodafone agent told me. I thought it strange that the upscale phone would be gone in a country with severe economic issues, but then the



Westheimer

maybe only a few come here for sale. Next I went to FNAC. They had one left for €999.99 (!), but I passed on that one. So, I bought a simple Nokia for €29 and have made fewer calls than ever before, wasted much less time staring at a pretty piece of metal and have found real freedom with no credit cards, only enough money for each day's expenses and a decision to walk, not drive, to the gym.

patwestheimer@gmail.com
EMERGENCY NUMBERS:
Cascais Police: 214839 100; National Emergency Number: 112; Millennium (BCP): 707 502 424; Caixa Geral de Depósitos: 707 242 424; 24-hour key service: 800 207 048, or 918 923 030; Vodafone: 1218.

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Some of the raffle prizes at Burns Night in Lisbon

Burns Night in Lisbon

The rustic setting of the Quinta Santo António in Malveira da Serra provided the ideal setting for over 100 members and guests of the St. Andrews society to celebrate the annual Burns Supper. After a dram or two in the reception hall, guests were ushered into the dining room and warmly welcomed by Chieftain, David Wilkie. The newly appointed minister of St. Andrews church in Lisbon, the Rev. Graham McGeech, invited guests to join him in the Selkirk Grace after which a traditional celebration supper, served by the friendly staff of the Quinta, was enjoyed by all.

The haggis, kindly flown in by "Distant Brits", was addressed by Derek Johnston who was heartily applauded for his entertaining interpretation of Burns work which included an element of both humour and emotion. Diners continued to enjoy convivial company, delicious food and the fine "Balvenie" whisky kindly donated by our sponsors, "Prime Drinks".

With guests replete, it was time to reflect upon the works of the Bard in an unusual "Immortal Memory" of both words and song. The Bard himself (alias

Chieftain David Wilkie in disguise!) was introduced by Rosemary Adams while Eva Sanchez intervened with moving extracts from "Tae a Louse" and "Holy Willie's Prayer". The beautiful voice of Rebecca Fox, accompanied by Theresa Adams on piano, filled the room, first with the lesser known song, "John Anderson my Jo, John" and later with Burns most loved songs of all, "O my Luves like a red, red rose" and "Ae fond kiss". Guests were spellbound! The Immortal Memory drew to a conclusion with rousing community singing and the full version of "Auld Lang Syne". To complete the evening, Rob Levitt made a witty Toast to the Lassies which was punctuated with comments from Leonie McMahon. Once, again, like the words of the Bard himself, the informal evening proved as popular and successful as ever. Time now to look forward to the St. Andrews Ball in the Hotel Palacio, Estoril on 27th November!

For further information regarding the Society, consult our website:

www.saintandrews.com.pt
or contact our Secretary,
Theresa Adams: 912 306 353

Portuguese Operating Room Nurses celebrate Perioperative Nursing Day

On February 15th throughout Europe, Operating Room Nurses will be celebrating the fifth anniversary of the Perioperative Nursing Day (PND).

The day was started by the European Operating Room Nurses Association (EORNA) to promote the work of the Operating Room Nurse and to demystify the events which occur for us all when we need to undergo surgery.

EORNA started as an informal group of nurses meeting perhaps once a year when they attended one of the nursing conferences anywhere in the world. With the proposed opening of Europe the group became formalised in 1992 during a meeting in Copenhagen of its then 15 member countries. Its membership now consists of National Operating Room Nursing Associations from 24 countries across Europe, who meet twice yearly in a different location of a member country. AESOP - the Portuguese OR Nurses Organisation is a founder member of the group, and Maria José Dias Pinheiro, one of its long standing members, has served a three year term as Vice President of the European group. Also here in Portugal, Margaret Brett, an expat from UK, who now works voluntarily with AESOP, was secretary during the inauguration of the European group and later became its President. AESOP has played a major role in the development of this European Organisation which is recognised throughout the world by both medical and nursing

staff.

The European group hold their own Congress every three years and each member country is entitled to place a bid to host this prestigious event which usually receives attendance of around 2,500 international delegates. With Holland and Switzerland in competition Portugal were the proud winners of the bid to host the sixth congress here in Lisbon in April 2012.

Maria José Dias Pinheiro coordinates the activities in Portugal for the European day, and usually both Lisbon and Oporto have a special programme enabling both adults and children to become more aware of what happens within the operating room when we go for surgery. Last year Red Cross tents were used to facilitate a field operating room where the public could view and handle equipment, clothing and instruments, and have an opportunity to raise their own questions. Children particularly enjoyed dressing up as nurses or patients and doing simple tasks such as cleaning the skin and applying dressings. This year it is hoped a similar event will be held in Faro in early May.

The 15th February this year will see members of AESOP going into schools and colleges and talking to children and students about the work of the Operating Room Nurse and helping to expel their fears should they need to undergo surgery.

It is all about promoting safety and understanding within the Operating Room which is usually seen as closed doors.

All community news items are welcome on this page.

If you are involved in a local non-profit making project or have raised money for charity we would like to hear from you. Please send your stories to copy@the-news.net

New Gallery in Monchique

Probably erected as a hermitage, this is one of the oldest buildings of Monchique. It is mentioned in 1754 (before the earthquake!) when the Bishop of the Algarve visited the town. Refurbished in 2008, it was skilfully turned into the beautiful art gallery *Santo António*. Now Arte Divina Associação Cultural moves in, to fill it with live.

The organizers want to stimulate the cultural life of Monchique, the second most visited place in the Algarve. Each month there will be a new exhibition for paintings, photography, sculptures, ceramics and others organized by the association in cooperation with the Monchique town hall. But there will also be shows with special themes like "Fernando Pessoa". The nearly 100 artists who are participating in the art fair ARTE ALGARVE are asked to provide their contributions to these exhibitions.

ARTE ALGARVE, also organized by Arte Divina Associação Cultural, has grown to one of the

most powerful movements of art within the Iberian Peninsula.

With this move Rui André, the new mayor of Monchique, underlines his strategy of improving the lifestyle in his *concelho* - also with culture!

The openings at *Galeria Santo António* are scheduled for the second Friday of each month. Live music, snacks and drinks will help to turn each event into a happy get together for local people, international residents and tourists. The gallery will be open on Tuesdays 12h to 19h and Wednesday till Friday 12h to 16h, and in the summer months also on Sundays.

The first exhibition with paintings by Lisbon artist Xico Fran and the German sculpture Cony Welcker will be on show from 12th February till 11th March. The Vernissage takes place on Friday 12th February at 18h.

Further information: www.artegalgarve.net or 282 913 130



Singers wanted for St Patrick's party

The much-respected music teacher and show organiser Marganne Meiklem is looking for a few more singers to complete a choir currently practising for a St Patrick's Day celebration next month.

She wants a couple of male singers and two more sopranos for an amateur group which had been meeting weekly at her home in Carvoeiro. Trained singers would be especially welcome but Marganne thinks inexperienced newcomers could fit in with a bit of extra tuition.

The plan is to produce a high-quality performance of Irish folk songs for the annual party of the St Patrick Society on 13th March. The emphasis during

rehearsals is on harmonious enjoyment.

"It is a lovely group," says Marganne. Everyone is very enthusiastic and they are doing a good job. All we need is a bit of padding. Just a few more singers would make it perfect."

Meanwhile, a full turnout is expected this Saturday (13th February) for the "Putting for Fun" competition organised by the St Patrick's Society at Balaia Golf Village, Albufeira.

For more information on joining the choir or reserving seats at the St Patrick's party in Albufeira on 13th March, please contact Jenny Gannon on 282 352022 or email jeniggy@googlemail.com

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THIS WEEK'S PROFILES



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TV Audio Tec

For more information or bookings, please call Judith on 911 055 134 or for a technical related query call Luis on 916 744 929. Email: luistronix@tv audiotec.com



Tofts

For more information call Paul Tofts on: (+351) 289 399 370, or mobile: 918 938 004. On a personal note, Paul would like to add: "Remember, it's Tofts with an S!"

If you would like us to profile YOUR business, call our Sales Manager on tel: 707 500 677

Body & Skincare Centre - One body... One skin... One life...



The Body & Skincare Centre, located in Pêra, is devoted to providing wellness and beauty therapies that can positively transform your lifestyle and well being in ways you could never have imagined.

Dedicated to enhance one's quality of life, the Body & Skincare Centre brings the best in health, beauty & wellness with outstanding anti-ageing, weight loss, hair removal therapies; and total rejuvenation with colon hydrotherapy and detox solutions.

Situated in the middle of Pêra village, the peaceful centre has five separate treatment rooms, with cleansing and detoxing being one of the cornerstones from which all other procedures spring from.

With great focus on an altogether well being, the centre offers complete packages, which combine several treatments shaped for each person's individual needs in order to provide the best overall results.

Treatments range from water-bed therapies, IFL photo-rejuvenation, microdermoabrasion, oxygen treatment, cavitation weight loss treatment, lymphatic drainage, massages, facials, manicures, pedicures, and much, much more.

As part of the complete wellness plan, the Body & Skincare Centre has Colon hydrotherapy, or colonic irrigation, which offers an extremely effective way of cleansing the entire colon.

Colon hydrotherapy is a very successful tool in helping people with all types of ongoing problems, such as bloating, migraines, constipation, bad breath, acne and other skin problems, fatigue, asthma, stress and many others, ultimately contributing to far better health and continual well-being.

The benefits of this treatment are enormous and leave the client feeling completely rejuvenated, with new levels of energy and an improved functioning of their immune system.

Shirley Emilio, who is a qualified GPACT Colon Hydrotherapy practitioner, says that the release of the trapped matter in the colon initiates the cleansing of a person's whole immune system and causes a chain reaction in healing the body. After the colon hydrotherapy, clients are taken for a water bed relaxation treatment where they can unwind.

The Body & Skincare Centre offer complete detox packages, where clients are provided with accommodation and treatments for a specific period of time. The professional and trained staff will ensure your time spent with them is made the most of and focused specifically on your needs with tailor-made treatments.

The Body & Skincare Centre are also authorised Crystal Clear distributors, and provide all the necessary training for use of their specialised equipment.

Build-4-U Lda, Villa construction and renovations



Operating over 20 years in Portugal, Build-4-U Lda's mission remains to satisfy clients' requirements in the construction of their dream homes, building bespoke homes from start to finish, from charming cottages to luxurious Villas, using quality materials and qualified professionals.

Alternatively, Build-4-U Lda is also highly experienced in renovations and can transform a shell of a house into a comfortable family home.

Established by long-term resident Alan McCormick, Build-4-U Lda has now amassed an impressive CV of completed projects, including dozens of private properties and small

developments throughout the Algarve. With nearly 25 years of construction experience under his belt, Alan strives to offer an efficient, professional service of the highest level.

They aim to build clients dream homes here in the Algarve, and give free estimates with detailed descriptions of the works that will be carried out during the construction process plus time scales and payment terms.

They are also happy to provide clients with an estimate and can work along side architects, structural engineers or project managers, delivering quality construction, built with pride and delivering finished projects that everyone can be proud of.

TV Audio Tec



TV Audio Tec started to operate in 2003 but Luis' experience in the industry goes all the way back to 1984, when he began his career as a TV engineer in South Africa.

Being a qualified TV Engineer and ANACOM certified, TV Audio Tec have the ability to implement and sign off any TV and telecommunication network executed by the company. The company is also INCI registered; therefore its technicians are able to work on controlled building sites. Having began in Portugal in 2003, the company has grown steadily and now has three TV engineers, two dedicated installers and a receptionist, allowing the team to take on a big work load.

The business specialises in two main fields: television/audio equipment and Sky receiver maintenance, carrying out after sales services with Sony Portugal, Loewe, Bang & Olufsen and the Worten group. The other main field in which it specialises in is the installation and supply of satellite equipment, from one-off installs to multi user boxes, aimed mainly at the Sky users market in the Algarve. As TV Audio Tec imports all of its own Sky equipment, prices are extremely competitive.

Working throughout the whole Algarve, and neighbouring towns in Southern Spain, TV Audio Tec are open weekdays from 09h00 to 13h00 and 14h30 to 18h30.

Tofts painting and decorating service



After a busy and successful few years sprucing up the region with a first class painting and decorating service, Paul Tofts is now looking forward to an equally promising 2009. Many may already have seen his well-known 'Tofts' van zipping up and down the A22.

According to Paul, now is the time to refresh properties ready for the spring and summer seasons, particularly for those used for rental purposes, family and friends.

The dry weather and agreeable temperatures make it the ideal season for painting and general maintenance, both of which Tofts exceeds in.

With the arrival of the season for 'Spring Cleaning', now is the time to give your home the facelift it needs.

Specialist materials like waterproofing products for walls and roofs can be provided, as can a range of attractive painting techniques and artistic effects.

Tofts recently undertook the decoration of the showroom for one of the region's most prominent specialist kitchen companies and made a stunning job of it.

All customers need to do is choose the colour they want and Tofts will ef-

ficiently and professionally do the rest, both on the inside and the outside.

Small general maintenance jobs can also be undertaken, like varnishing, waterproofing, damp-proofing, and ironwork.

Top-quality products, very competitive prices and a high standard of personalized service compliment Paul Tofts' handiwork.

Having lived in the Algarve for many years he is familiar with Portuguese construction and knows how to repair and maintain properties to the highest levels, offering reliable, lasting solutions.

Tofts service is not geared to a superficial makeover; it is dependable, punctual, thorough, and well thought out to give superior results. No job is too large or too small, and if in doubt, just ask!

Free assessments, colour charts and samples can be provided on request.

Paul Tofts puts the time in and dedicates himself to the job at hand - not leaving until everything is complete and priding himself on leaving everything clean and tidy even as work progresses.

PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 13 Feb 2010

PROPERTY OF THE WEEK

Townhouses from East to West



Licensed Real Estate agency **Togofor-Homes, Lda (AMI-6902)**, based in Lagos and Alvor (and also very soon in Olhão and Monchique), operates across the whole Algarve region. In direct response to an increasing number of enquiries, this week they are pleased to showcase a selection of townhouses across the Algarve all offering very competitive prices.

Property 1: (Ref:ST701)

New spacious townhouse in Pêra with 4 bedrooms and 3 bathrooms built over two floors. This property has a fenced 335m² plot with a pool and easy to maintain garden plus terraces with fantastic sea and countryside views. The property has central heating, electric shutters and a Jacuzzi plus pre-installation for air conditioning. Ideally located near all facilities, beach and the renowned Salgados golf course. This is a great holiday and/or rental property which is near to the charming village of Pêra – a traditional Portuguese village with an impressive 18th century church from where there are excellent views of the landscape and the coast.

Excellent Price, €320.000



Property 3: (Ref:ST581)

Recently refurbished, this cosy townhouse comprises of 3 bedrooms and 2 bathrooms over two floors. The property is located within a small condominium of townhouses, just a few minutes away from Carvoeiro centre and its many amenities, glorious beaches and renowned golf courses. The townhouse will be sold fully furnished and equipped and has a private driveway, carport, terraces and a small garden. The urbanization is peaceful and offers a communal pool and gardens with restaurants, shops, cafes located next door. This lovely property would make an ideal holiday home or even a permanent residence. The surroundings are lovely, beaches are not far away and good restaurants are nearby.

Excellent Price, €220.000



Property 2: (Ref:ST571)

An attractive townhouse within a small condominium in Porches which offers a huge communal pool and gardens plus underground parking. The property built over two floors has 2 bedrooms plus 1 extra room, new kitchen and guest toilet plus a big terrace with lovely views to the sea and gardens. This townhouse is located very near to the beach in a quiet area, it is a cute and functional home which is in very good condition. The area of Porches is only a short drive from the coast and towns of Carvoeiro and Lagoa. It is well known for its wine, but also for its clay and pottery workshops, its current inhabitants still make pottery, continuing to keep this art alive with both traditional designs and new artistic styles being produced.

Excellent Price, €265.000



Property 4: (Ref:ST674)

A small, private condominium of 14 brand new townhouses with 4 bedrooms and 3 bathrooms over two floors. Most of the properties have a pool and all have a garden, double garage, storage and lovely views of Silves town and Castle which dates back in parts to the 8th century and is today's one of the most important historical buildings in the Algarve. This secure development enjoys a peaceful location with views across the countryside to the historical castle in the distance. The properties are ideally located within walking distance of Silves and the Arade river which runs through it, the splendid restaurants and bespoke craft shops whilst it is only 20 minutes drive from the beach.

Excellent Prices from €255.000



Property 5: (Ref:ST912)

Constructed over 3 floors and offering sea views from the upper levels, this newly built and very stylish townhouse incorporates classic lines and traditional elegance, enabling it to blend seamlessly with the historical buildings in the heart of Olhão. The property with 3 bedrooms and 3 bathrooms includes a fully fitted kitchen, electric shutters, terraces and a roof terrace plus many other pre-installed features such as central heating, air conditioning and solar. This really is a superb location close to the harbour, sea and fish market in the charming town of Olhão which provides a delightful combination of the tranquillity of a sleepy fishing village with a popular holiday destination.

Excellent Price, €215.000



THE ALGARVE PROPERTY SPECIALISTS

For more information on these and many other properties for sale, please contact Togofor-Homes, Lda or visit their website: www.togofor-homes.com, e-mail: info@togofor-homes.com, telephone: 282 432 004 / 282 476 568, or mobile: 917 472 277.

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 <p>Tavira</p> <p>New 5 bedroom villa w/ large pool & small lake enjoying sea views & privacy on landscaped plot of 15.560 m2. Living area of 307 m2 & basement of 192 m2. High quality construction and specifications. Easy access.</p> <p>Ref: LHV-937 Price: € 1.200.000</p>	 <p>Estoi</p> <p>Unique, modern, split-level villa with pool & guesthouse offering privacy & breathtaking views towards the coast. Covered area: 360 m2, plot: 2140 m2. enjoying Good quality construction.</p> <p>Ref: LHV-1063 Price: € 1.200.000</p>	 <p>Santa Catarina</p> <p>Lovely 4-bedroom quinta (265 m2) with many typical Portuguese features. Swimming pool & beautiful gardens. Plot of 9840 m2. Spacious double-height living area. Easy road access. Good value for money. Ref: LHV-866 Price: € 590.000 (Reduced from € 799.000)</p>	 <p>Tavira</p> <p>Luxurious 4 bedroom villa (430 m2 covered area) with swimming pool on preferred location in Tavira. Large living room with adjacent dining area, Italian design kitchen, high quality building materials and finishing. Plot of 1074 m2 enjoying country views. Ref: LHV-901 Price: € 749.000</p>	 <p>Near São Brás</p> <p>Offers invited! Outstanding 3-bedroom villa (177 m2) with pool & garage (41 m2) set on a 2500 m2 plot offering far-reaching views. Tastefully chosen materials, under floor heating, air-conditioning. Worth a viewing. Ref: LHV-1066 Price: € 465.000</p>
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 <p>Santa Bárbara</p> <ul style="list-style-type: none"> Ruin of 284m², 8 divs. Dating from 1904 Large plot of 23.000m² Lovely quiet area Country & sea views Mains electric, cisterna <p>Ref. TR1127 Price: € 320.000</p>	 <p>Vila Sol Golf Resort</p> <ul style="list-style-type: none"> Spacious luxury apartment Views to pools & coast 2 bedrooms 2 bathrooms Air-co, lovely gardens Communal pools, jacuzzi Aptm 108m², terr 25m² <p>Ref. A1218 Price: € 360.000</p>	 <p>Santa Catarina</p> <ul style="list-style-type: none"> Lovely renovated Quinta Country & small sea view 4 bedrooms 3 bathrooms Pool & barbecue terrace Garden, fountain & shed Villa 260m² plot 8.950m² <p>Ref. C1294 Price: € 590.000</p>	 <p>Santa Catarina</p> <ul style="list-style-type: none"> Lovely spacious new villa Now nearing completion 3 bedrooms 3 bathrooms Pool 9m x 4m, terraces Country/valley/river view Villa 222m² Plot 2.157m² <p>Ref. V1165 Price: € 449.000</p>	 <p>Porches</p> <ul style="list-style-type: none"> Beautiful spacious villa Country & sea views 3 bedrooms 3 bathrooms Pool 10m x 5m, terraces 4-car garage, BBQ area Gardens, plot 2.360m² <p>Ref. V1298 Price: € 415.000</p>
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VILAGENTE


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 <p>Benfarras</p> <p>3 bedroom villa plus plot composed of 3 bathrooms, lounge with fireplace, dining room, equipped kitchen, laundry room, storage & BBQ. Swimming pool & garden. Plot area - approx. 1.212sqm. Const. area - approx. 212 sq.m. Plot of land in annexe w/1.420sqm. Project approved for 250sqm const. (4 bed.) w/sw.pool, 10 mins from vilamoura. Ref. V/12463 Price: € 595,000</p>	 <p>Vilamoura</p> <p>Well situated 2 bedroom apartment, composed of 2 bathrooms, equipped kitchen, storage room, hallway, lounge and 2 terraces. Communal swimming pool and garden. Furnished and equipped. Construction area approx. 76 sq. metres. Ref. 01219 Price: € 215,000</p>	 <p>Quarteira</p> <p>Two one bedroom apartments each composed of 1 bathroom, lounge with dining area, kitchen and terrace. Communal swimming pool and garden area. Const. area for each - 77 sq. metres. Ref. 01355 Price: € 100,000</p>	 <p>Bolíqueime</p> <p>Country villa with a beautiful sea view, composed of 3 bedrooms (1 en suite), 2 bathrooms, lounge with fireplace, dining room, kitchen, storage room and laundry room. Garage, sw. pool and garden. Const. area approx. 185 sq. metres. Ref. 12458 Price: € 300,000</p>
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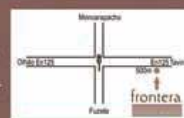
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Romancing the rooms



Gabrielle Fagan shows how to turn your home into a romantic haven without any fuss.

Cynics may mutter darkly that Valentine's Day is a lot of commercial hokum, but true romantics everywhere welcome the opportunity to seek love or celebrate it on February 14.

And while the conventional bombard the objects of their affection with cards, flowers and fluffy toys, stylish suitors know that it's the spontaneous - and surprising - demonstrations of love made at home that really win hearts.

"We're seeing a growing trend for staying at home to celebrate Valentine's Day," says Francesca Sheldon at Ten Lifestyle, an international lifestyle management and concierge service.

This year the team's playing Cupid by scattering one client's entire home with rose petals, and redecorating a bedroom for another to include a 'Will You Marry Me?' proposal written on the wall.

Their other love missions include arranging professional chefs to prepare romantic at-home dinners, and laying on home 'spa' experiences with luxury hampers, scented candles and visiting massage therapists.

"Romancing at home isn't simply a symptom of our recessionary times and limited budgets," says Sheldon.

"It's more that people recognise it's far preferable to whisper sweet nothings somewhere intimate where you can conjure the perfect atmosphere and setting, rather than wearing your heart on your sleeve in the impersonal, formal surroundings of a restaurant or bar."

Don't break your heart if your budget won't stretch to lavish gestures.

You can still ensure you have a romantic sanctuary fit for wooing by using a little imagination and treating rooms to love-ly gifts.

So get passionate about your living space and prove home is where the heart is.

Spell out desire

Sending a love letter spelling out your feelings is rather passe these days, so simply use home accessories to get the point across.

Luckily, cushions bearing loving slogans abound at present because they have the feel-good factor essential for our rocky times, and they might be comforting to cuddle if your feelings are unrequited!

Hand sewing a cushion to read 'Kiss' or 'Hug' is surely a true sign of devotion.

Flirty touches

Spare your blushes and just hint at your feelings by displaying witty

homeware or pretty heart-shaped trinkets.

Start by making a romantic - and practical - entrance with a black doormat bearing a large red heart

Love-ly investments

Serious romantics could easily fall for furniture that celebrates the iconic heart shape and makes an interiors statement.

Just make sure this is no passing passion, as the prices could make you swoon!

Recipe for love

Follow the age-old maxim that the way to a man's heart is through his stomach and serve up a romantic feast on a pretty themed table.

Wear your heart on your sleeve - or the table - with a Sweetheart table runner.

Soft lighting is key, so tea lights and heart shaped pink and red candles could be perfect.

Just taking the time and trouble to create heart-shaped goodies shows you care.

Breakfast in bed is the ultimate spoiling treat for lovers, and it's particularly special if the toast is imprinted with an 'I Love You' message.

Up close and personal

Sensual boudoirs are a must for the most romantic day of the year - and beyond!



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Back to basics



Judging by some recent research, it's about time we went back to basics as far as growing our own produce is concerned.



Despite the rising popularity of the 'grow-your-own' movement, the majority of the population is in the dark about when to plant some of the most popular fruit and vegetables, according to research by Gardeners' World magazine in the UK, kicking off its Grow Yourself Healthy campaign for 2010, which centres on encouraging experienced gardeners to pass on their knowledge to less experienced gardeners.

Do you know exactly when to sow your runner beans, plant your onions and harden off tomatoes, or the best time for planting fruit trees and bushes?

Nearly 2,000 readers of the magazines were asked about the best time to plant 20 of the most popular crops. More than 50% of those surveyed either had no idea or were incorrect on nine out of 10 fruits listed and six out of 10 vegetables. This suggests a great deal more support will be needed if growers are to get the best results.

Adam Pasco, editor of Gardeners' World magazine, says: "It is perhaps not surprising that there is a great deal of ignorance about when to plant and grow, particularly given the 24/7 availability of so many vegetables and fruit in supermarkets. Perhaps this is also a reason many people are not as successful as they might be when giving it a go, but with the right knowledge, the results can be sensational."

The research found that people were least knowledgeable about plums, with just one in five aware that September and October are the planting months, (in Portugal) while only 30% knew that the best time for planting blueberries is between September and February here.

In Portugal the planting season for strawberries is between February and July. Fruits which are best planted between September and February include apples, blackberries, blackcurrants, cherries, and red and white currants.

With vegetables, April and May are the right months to plant out runner beans. Onions and tomatoes are the vegetables people know most about planting, sowing onions between January and May and planting tomato plants in April and May.

Vegetables which can be sown in Portugal from February onwards, include beetroot, broad beans, Brussels sprouts, carrots, cabbages, leeks, peas and salad leaves. Early outdoor sowings made during February and March in northern Portugal will benefit from cloche or fleece covering to both warm the soil and provide shelter from cold conditions, especially at night.

Hannah Stephenson

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Succeed with plums

1. Buy two compatible trees - even self-fertile varieties crop more heavily with a compatible pollinator that blooms at the same time.
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3. Train as fans, not cordons or espaliers.



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Software Piracy



Software piracy is rampant among computer users. Software producers estimate that they lose billions of euros in revenue each year due to software piracy. This loss causes them to charge more for their products than they would if the piracy problem did not exist.

What is software piracy?

Software piracy is the copying and/or distributing of copyrighted software without the permission of the copyright holder. Intention and lack of awareness of the material's copyright status are not an excuse.

Effects of Software Piracy

When software is pirated, consumers, software developers, and resellers are harmed. Software piracy increases the risk consumer's computers will be corrupted by defective software and infected with viruses. Those who provide defective and illegal software do not tend to provide sales and technical support. Pirated software usually has inadequate documentation, which prevents consumers from enjoying the full benefits of the software package. In addition, consumers are unable to take advantage of technical support and product upgrades, which are typically available to legitimate registered users of the software.

Developers lose revenue from pirated software, from current products as well as from future programs. When software is sold most developers invest a portion of the revenue into future development and better software packages. When software is pirated, software developers lose revenue from the sale of their products, which hinders development of new software and stifles the growth of the software company.

Who are the pirates?

There are two types of software pirates; 1. Those that know they are breaking the law, 2. And those that don't.

The people that break the law unknowingly are often new computer users who are unfamiliar with this seemingly unusual situation. For instance, when someone buys a book and pays for it legitimately, it is his/hers. It is not necessary to fill out forms, or use passwords, or agree to special conditions. The book belongs to the purchaser, "lock, stock and barrel". The person may read the book, may lend it to a friend, may sell it to someone, or give it away for nothing. All that is legal. This scenario is typical of most products. If you buy clothes, toys,



gifts, tools, TVs, radios, dishes, furniture, almost anything, the products belong to you, and you are free to do what you want with them.

So why is there a problem with computer software?

The difference is that when you buy computer software, you Do Not Own It. You are purchasing a license to use it under certain conditions. The conditions vary a bit from one software producer to another, but in general you cannot lend it to someone else to use while you are using it. It is NOT like buying a book. You do not own it "lock, stock and barrel."

What are these licensing conditions?

On newly purchased software, they are often printed on a sealed envelope, which holds the software CD. Often the text is in very fine print, quite lengthy, and full of legal technical terms. There is usually a statement at the top stating that when the user breaks the seal of the envelope, he/she is agreeing to the terms of the licensing agreement. The user is anxious to get started with the new software and practically never reads the licensing agreement. For the few that do read it, they may not fully understand it, and even if

they do, they usually think the conditions are ridiculous, so they rip open the envelope, remove the CD and install the software.

Where is piracy involved?

The new user likes the software program and shows it to a friend. The friend borrows the CD and installs it on his/her computer. The friend has two computers; one for the kids and one for himself. The kids like the program and lend it to their friends. Before the CD is returned to the original owner, it is installed on a bunch of different computers. Also, today, many computers are equipped



with DVD/CD-RW drives, which can make copies of DVD's and CD's. This is all in violation of the licensing agreement and is illegal. This is software piracy.

The license agreement.

The license agreement will not be the same for every software program, but here are some of the general terms.

It is illegal to make copies (except one copy for a backup) of the software.

It is illegal to distribute the software to anyone else. It is illegal to use the software on more than one computer at the same time. (Licenses may be obtained for businesses or users which need to use it on more than one computer at the same time.)

End User Piracy -

Using multiple copies of a single software package on several different systems or distributing registered or licensed copies of software to others. Another common form of end user piracy is when a cracked version of the software is used. Hacking into the software and disabling the copy protection or illegally generating key codes that unlocks the trial version making the software a registered version creates a cracked version.

Reseller Piracy - Reseller piracy occurs when an unscrupulous reseller distributes

multiple copies of a single software package to different customers. Reseller piracy also occurs when resellers knowingly sell counterfeit versions of software to unsuspecting customers. Indications of reseller piracy are multiple users with the same serial number, lack of original documentation or an incomplete set, and non-matching documentation.

Trademark/Trade Name Infringement Infringement occurs when an individual or dealer claims to be authorized either as a technician, support provider or reseller, or is improperly using a trademark or trade name.

BBS/Internet Piracy - BBS/Internet Piracy occurs when there is an electronic transfer of copyrighted software. If system operators and/or users upload or download copyrighted software and materials onto or from bulletin boards or the Internet for others to copy and use without the proper license. Often hackers will distribute or sell the hacked software or cracked keys. The developer does not receive any money for the software the hacker distributed. This is an infringement on the developer's copyright.

Another technique used by software pirates is to illegally obtain a registered copy of software. Pirates purchase the software once and use it on multiple com-

puters. Purchasing software with a stolen credit card is another form of software piracy. Unfortunately there are many kinds of software piracy that has hampered the software industry.

For the software industry to prosper and further develop useful software for consumers please support and pay for software. This results in better software for all. So if you are an experienced computer user, you know about piracy. Don't do it, and get after your friends and acquaintances to stop it, and if you are a new user, don't become a software pirate.



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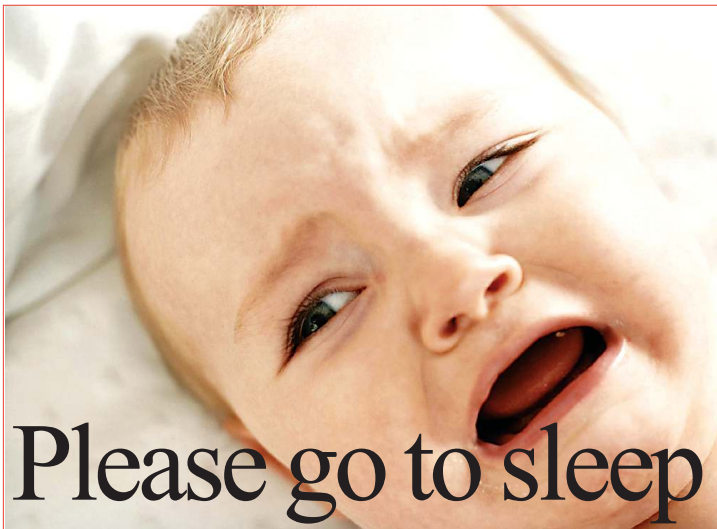


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Please go to sleep

After a tough day looking after a baby, one of the hardest jobs of all can be getting them to sleep at night. Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.

While there's no doubt that getting babies into a bedtime routine is a vital part of sleep success, many parents are looking for extra help to get their little ones to nod off, and that help could be in the gentle form of soft music.

Research shows that soft bedtime music helps many babies to relax and fall asleep more easily, possibly because the womb was far from quiet, and gentle sounds create a more familiar environ-

ment than a very quiet room.

It's thought that rhythmic sound patterns in music calm babies - and it also has the benefit of putting the parents themselves in a calmer mood.

With this in mind, a CD designed to help babies fall asleep - which has sold 75,000 copies over the last 20 years - has been digitally re-mastered for the modern market.

The Sound Asleep CD was

created by sleep consultant Dr Elizabeth Scott, after she realised that soothing classical music helped her screaming grandson drift off to sleep.

She went on to research the relationship between the tempo of classical music and the brainwave rates of babies approaching sleep, and designed her own cassette and CD with the help of her professional pianist daughter Frances, and violinist son Hector.

Dr Scott, a retired GP now in her seventies, describes babies who are well, clean, comfortable and well-fed but still scream as "healthy howlers", and says: "What creates trouble are these healthy howlers that only stop crying when you pick them up."

"It's a very trying time, and as a mother you go berserk. As a doctor I used to get mothers coming to me begging for a sleeping draught for babies like this."

"I thought it was a terrible mistake to treat a well baby, and I used to tell them to rock them, and soothe them."

It was only after being left with her healthy howler grandson Louis that she realised the benefits of soothing classical music.

"I tried all sorts of music and he just howled louder, and the last thing I tried was a bit of Vivaldi's Winter, which is a very even beat."

"He just listened to it and fell asleep. I can't tell you how relieved I was."

"I thought there was something going on which wasn't what I knew."

To try to understand the effect the music had on her grandson, Scott went to sleep seminars, and read research papers.

"It suddenly dawned on me that the timing of the music that worked for Louis was very close to the brainwave rate of children slipping into sleep."

Her pianist daughter and violinist son recorded a tape in which the music of composers including Vivaldi, Bach and Debussy mimics the brainwave rate of infants when falling asleep, at about 8Hz.

The first part catches the baby's attention, before the music slows to around 4Hz to encourage the baby to drift off.

Scott gave it to patients who had howling babies, and got such a positive response that she went on to get it published.

It has since sold 75,000 copies.

"All mothers have a routine for getting babies into bed," says Scott, "and the idea is to work this into the routine, so as you put it to bed you switch the CD on."

"I've watched babies fall asleep with it, and they're howling blue murder and they suddenly stop and listen, and quickly relax and their eyes close."

"It's beautiful. For a mother, it's bliss."

Children's sleep expert Andrea Grace, author of Teach Yourself Andrea Grace's Gentle Sleep Solutions (published on February 23 by Hodder, £8.99), says classical music can work well to help babies sleep.

"It's the same as any soothing, repetitive action leading up to bedtime," she says.

"There's something about the repetition of sound in association with bedtime that acts as a sleep trigger, and obviously if that's a nice, calm sound it's going to be more effective."

"And soothing sounds are very calming for parents as well."

She says that in order for music to work effectively in getting a baby to sleep, it needs to be used with other tactics including:

- Repetition of the steps leading up to bedtime.

- Closing curtains, turning lights off, etc, so they know it's sleep time.

- Making sure babies fall asleep by themselves instead of being rocked to sleep.

- Putting them to bed in their own cot, as opposed to the parents' bed.

- Not bringing them into the parents' bed during the night.

Grace adds: "If a classical music CD is used in conjunction with all these other factors, of course it would be helpful."

The Sound Asleep CD is available from www.kidsmusicshop.co.uk, or from www.amazon.co.uk.

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"Finally, don't forget to tease your locks before you meet your man."



Open Day at Senses...

Senses... Skin Care Centre will be holding their first Open Day of 2010 on Saturday 20th February.

Suzie and Tim are inviting new and existing clients into their skin and beauty salon to promote new and existing treatments and to introduce the newest member of the Senses... team, Susan Belsey. Susan will be working with Suzie to offer the latest leading treatments and products at the Lagos based salon. Susan has vast amounts of experience in Beauty salons and Spas alike and has been working on the Algarve four years.

Upon arriving at Senses... on Saturday 20th February you will be treated to a glass of champagne and then given the choice of one free taster treatment. You can choose between a 30 minute Reflexology session, a 15 minute Aromatherapy Massage or a 30 minute Dermalogica Face

Mapping session. We will also be offering free skin care product and treatment advice to help you work towards your healthiest skin ever. Whether you're interested in Products, Treatments, Non Surgical Facelifts or Botox and Dermal Fillers, Senses offer everything to fit your beauty and skin care needs.

Senses... will also take the opportunity to inform guests about new treatments that will be introduced throughout 2010, such as Fake Bake Spray Tanning, Threading and Microdermabrasion.

You will also be given money off vouchers for recently added Gel Nail Extensions, Aromatherapy Massage and Reflexology. You will receive three vouchers each giving you €5 off the above treatments.

Senses... also have great offers on throughout February including pay for 3, get 2 free on all treatments including the Non Surgical Facelift, pay for 2 area's of Botox and get 1 free and pay for Radiesse (filler) and get 1 area of Botox free. Plus a special combo offer of a one hour Reflexology treatment with either an Indian Head Massage or Back, neck and shoulder massage for only €30.

If you wish to have one of our taster treatments on the 20th we

advise that you contact the salon and book your slot as previous open days have been very busy. If however you simply want to be spoilt with champagne and have a chat with our therapists please feel free just to drop in on the day... bring a friend... the more the merrier!

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Pool safety from a different angle



With pool safety-fencing being marketed strongly to reduce the number of deaths by drowning, many people have brushed aside the dangers lurking from within the pool water itself. Maintaining a pool with an optimum balance between the pH and chlorine is tricky, even for many professionals in the business, and, when not dealt with correctly, small variations can pose as a serious threat to pool users' health.

SolAmbiente is a highly reputable business with almost three decades of experience working in the Algarve. Over time, SolAmbiente has noticed a great lack of water quality control in pools.

Pool owners and many professionals in the business, have insufficient knowledge on the effects that incorrect pH and chlorine level's can cause. Sometimes, what may seem a healthy pool, might actually be a pathogen haven.

A person swimming in a pool for one hour or more will drink on average a litre of water unknowingly. It is also a fact that dangerous pathogens, such as bacteria, thrive in water.

A pool's filtration system does the heavy lifting in keeping the water clean, but it takes chemistry to do the fine tuning. It is important to carefully manipulate the chemical balance in pools for a number of reasons.

- Dangerous pathogens, such as bacteria, thrive in water. A pool filled with incorrectly treated water would be a perfect place for disease-carrying micro-organisms to move from one person to another.

- Water with the wrong chemical balance can damage the various parts of the pool. Particularly metal parts of pumps and grouting cement.

- Improperly balanced water can irritate the skin, ears, throat and eyes.

- Improperly balanced water can get very cloudy.

- Concentrations of hazardous byproducts which form in sanitizing reactions increase to dangerous levels in wrongly treated water. The most commonly known groups are trihalomethanes and organochloramines. Of these many are classified as carcinogens, chloramines also cause the typical bad chlorine

smell, which sometimes comes off your pool. Not as is popularly believed too much chlorine!

The relationship between pH and chlorine in the swimming pool is very critical in terms of good quality safe swimming water. Maintaining this sensitive balance manually is virtually impossible without effecting daily testing maintenance. The tendency in the Algarve is that the pH of pools rises over time.

This in turn weakens the chlorine oxidizing potential which allows for incomplete sanitation and high chlorine consumption. Should the pH in the pool drop below pH7 the chlorine will become very aggressive and attack metal, grouting, pool covers, coping stones and even human skin if allowed to drop low enough.

It's quite obvious that manual chemical dosing in swimming pools does work. The intrinsic question is how well and for how long is the pool adequately pro-

tested? As time passes and the pool is used so the free chlorine is used up. If this chlorine demand is high, chlorine levels will drop fairly quickly. Leaving the pool water unprotected against bacterial growth. It is also at these low levels of chlorine that chloramines can develop through incomplete oxidizing reactions. This situation will only be partially rectified when the pool is next attended to by maintenance personnel.

By introducing continuous monitoring of the pool water through automatic dosing. Water quality is guaranteed irrespective of the demand placed on the swimming pool. (Demand being bather load, dust, pollen and organic matter that may fall into the pool.)

The ideal solution, according to SolAmbiente, is automatic water quality management systems, which work in conjunction with your swimming pool pump to keep the chlorine and pH at a constant optimum level, in future preventing any of the problems described above.

These automatic water quality management systems maintain the ideal pH (between 7.2-7.6)

by taking continuous digital measurements of the water, even taking into consideration the temperature, which makes the required amount of chlorine fluctuate. SolAmbiente has four different types of systems available, depending on the size and necessities of each pool or spa, public or private.

These management systems use either granule or liquid chlorine; Liquid Ph minus or pH plus and range from a basic supply system to extremely complex ones for public pool control with an inbuilt processor, which connects to a PC for full reports on water quality and can even send text messages to the pool manager if there are problems with the water quality.

In the long run, these systems can prove to be cost-effective, and if you take your health into consideration the benefits are enormous.

For more information on these water quality management systems, or pool chemistry issues please contact SolAmbiente at: info@solambiente.com or call 282 340 520, or 282 341 490 and ask to speak to Chris or Wolf.

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Turn down the volume!



Stress is thought to cause some 70% of doctors visits, and 85% of serious illnesses - including tinnitus in the UK. Experts tell us what tinnitus is like and how to avoid it.

"It came on suddenly. I can remember it exactly," says Michelle Meek, 41, about the day her hearing changed. "I was just going about my everyday business, doing housework, when I heard a noise that sounded like Morse code. I looked everywhere to find where the noise was coming from - until I realised it was coming from my right ear."

Michelle was suffering from tinnitus, a condition which affects over 5 million people in the UK, according to the British Tinnitus Association. Her GP advised the medical laboratory assistant to wait three weeks to see if the noises passed. They didn't.

The Morse code-like sound continued to tap away, day and night, offering no respite. As the weeks wore on, so did her fatigue.

"I started to have panic attacks and dreaded going to bed, because the noise would just get louder," she says. "I felt like my world was falling apart. I couldn't work and didn't want to leave the house. I just wanted to go to sleep and wake up and have the whole thing be over with."

Michelle still believed that the constant tap-tapping in her ear might be linked to a viral infection she had picked up in the pathology lab where she worked.

But a visit to an Ear, Noise and Throat (ENT) specialist a few weeks later confirmed that, sadly, her condition could become permanent.

Tinnitus is a condition with no exact cause and no cure, according to Dr Ewart Davies of the British Tinnitus Association (BTA).

"The most common cause of tinnitus is deafness, which can be brought about by old age or any kind of damage - caused by sound, industry or even antibiotics," he explains.

"But in about a third of cases, the patients have 'perfect' hearing." She attributes her tinnitus to stress, which the BTA agree can cause or exacerbate 75% of cases.

Other emotional and physical factors, such as bad news, head injuries, illnesses such as colds and flu, and injuries to the head and neck have also been linked to the onset of tinnitus.

The BTA are particularly concerned about the effects listening to loud music can have on our ear

Tiny hairs in the inner ear detect soundwaves and connect to nerves in the brain. There, they are interpreted, via electrical impulses, as sound. If those hairs are damaged in any way, they can send random electrical impulses to the brain which cause tinnitus.

While there is no magic pill to prevent those impulses, certain therapies - such as cognitive behavioural therapy, relaxation techniques and noise therapy - have been known to help.

"Your first step in recovery is learning



health.

Noise levels at gigs, concerts and clubs regularly exceed the recommended decibel limit of 85dB, and hearing damage has been linked to tinnitus. The charity advises music lovers to wear earplugs at gigs and lower the volume on their music players.

White noise

Neither an illness nor a disease, tinnitus sufferers have the sensation of hearing a noise that seems external but actually originates in the brain. It can affect anyone, from children to the elderly.

"Some patients report ringing, buzzing, whistling or a sort of electric motor sound," says Dr Davies. "But all different sorts of noises can be detected, and it's almost impossible to find two people who report the same sound."

The exact cause of tinnitus is unknown, but a number of health conditions can worsen it. In many cases, it can be attributed to inner ear cell damage.

more about the condition, because you realise that it's quite common and that a lot of people go through what you're going through," says Meek, who, eight months on, has discovered that her tinnitus is much more manageable than before.

Noise therapy, which consists of listening to white noise for a few hours every day, helped Meek retrain her brain to block out the constant Morse code, while a pillow speaker and relaxation CD allow her to fall asleep at night.

As her coping methods have changed, so too have the sounds she hears, she says.

"Sometimes I hear a little squeaking noise instead of the Morse code now. But interestingly I have noise in my other ear now too, a constant electrical hum - and both get worse if I'm poorly or stressed, which is a typical complaint of the condition."

Michelle, who has since returned to work, now supports

patients recently diagnosed with tinnitus and actively advises her 14-year-old son to be wary of the effects of listening to music too loudly on his iPod.

"I'm ever hopeful for a cure, but I've come to terms with the fact that my tinnitus might never go away," she says. "That said, I'd really like to have my silence back."

Tips to keep your ears safe

:: Wear hearing protection, such as earplugs, if you are exposed to high noise levels on a regular basis.

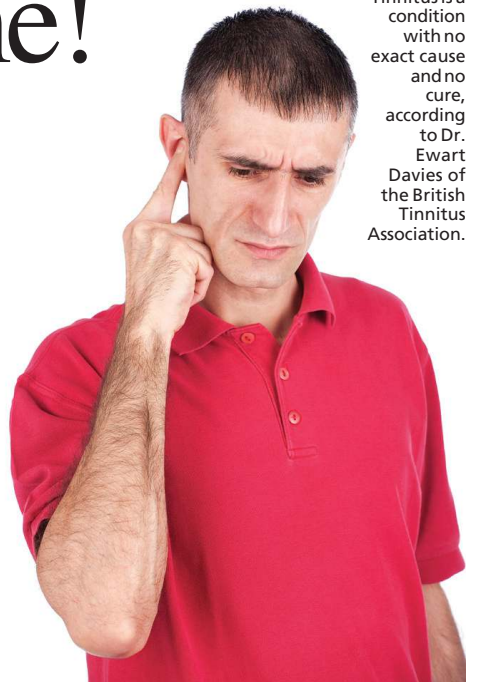
:: If you work in a noisy environment, take a 10 minute break every hour to give your ears some rest.

:: Drink plenty of fluids - dehydration has a detrimental effect on inner ear function.

:: Limit your listening time and volume on personal music players.

Tips to reduce the impact of tinnitus

:: Use a hearing aid: "If you have a hearing deficit, a hearing aid will almost universally improve your hearing and decrease the intensity of the tinnitus," says Dr Davies.



Tinnitus is a condition with no exact cause and no cure, according to Dr. Ewart Davies of the British Tinnitus Association.

:: Avoid silence: "At no time should you be in a silent room reading a book. Put on some gentle music to help the brain focus on something other than the tinnitus," says Dr Davies.

:: Engage in relaxation therapies: "Cognitive behavioural therapy, relaxation therapy and sound therapy can all help the patient, and in some cases the patient may find that the tinnitus goes away," says Dr Davies.

Kate Hodal

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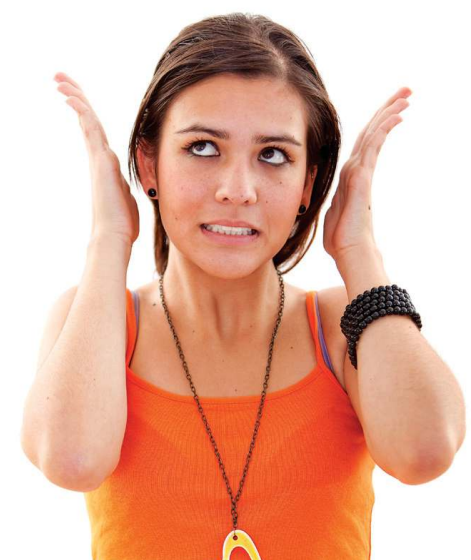
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Faro Hospital

SIR, My holiday here was interrupted having had to go to Faro hospital for a Appendix operation, I would like to say thank you to the hospital through a letter in your paper. Four weeks ago I was in some pain, so with my E11 in hand I went to the clinic in Albufeira at 11am, I was seen very quick indeed, put on a drip and sent to the hospital by ambulance, were I was seen very quickly again by another doctor who was very concerned with my pain in the stomach, so much so that I was in the operating theatre having my appendix removed by 5pm. I was in the ward for a week and in that week I can say that the care I received from all the staff from doctors right down to the ladies who gave me my meals was so fantastic, even though they all were under a lot of pressure from overcrowding I never felt neglected, even the after care at the clinic was fantastic, so I would like to take this opportunity to say thanks to you all.

Yours gratefully, JEFF LONG, By e-mail

What's happened to the once safe Portugal?

SIR, In response to 'The Wild West' letter [6th Dec.], my husband and I bought a villa in central Albufeira three years ago, understanding the crime rate was low in Portugal. Since then, it has escalated out of control. We had most of our possessions taken in June last year, while we were in Britain. On returning, we have

had large gates installed and presumed we were safe.

Our shutters were left open one night and we had visitors - passports, cash, credit cards, camera, even car keys - all gone. We were asleep in bed when they entered our bedroom and maybe we were lucky because they found money and left. If we had woken would we have been beaten like so many couples we hear of?

We hear now of so many handbags being snatched by men with knives. Are tourists going to want to visit the Algarve if they know the extent of robberies? We fear for our children's and grand children's safety if they want to visit here, and are now talking about moving and selling up.

This is a lovely country with lovely Portuguese people, where we can walk out in winter and socialise, but what is the use of that if we are imprisoned by shutters and locked doors at all times of the day? The police need to evict known criminals and try to return stolen goods. TV's have serial numbers, cards have names. Where do stolen goods go when found? Are they returned to the thieves? We need answers, police protection and a better existence again in this country.

CAROLE TOMKINSON, Albufeira

Crime in denial

SIR, I totally agree with Gavin Waymark [Letters, 6th Dec.] regarding the upsurge of crime in the Algarve. Unfortunately, the Government and authorities pretend not to be aware and pour out statistics showing that crime is decreasing. The statistics do not include the vast number of crimes that do not get reported. They believe that they are protecting the life blood of the Algarve - tourism. In fact they are simply burying their heads in the sand at great

We in the Alfeicao area have supplied the GNR with detailed maps showing house locations, [and] the coordinates. Every house is numbered. We have supplied the GNR with GPS devices. Our relationship with the GNR is excellent. However, this is not the resident's job, but that of the Government. The Government do not fund the badly paid police, but are only too pleased to spend vast sums of money on eye catching projects such as new airports and super fast trains, showing they have the wrong priorities.

I note in your newspaper that the Algarve Tourist Association is to spend around €7 million to promote tourism. This, I am afraid, will be money down the drain as returning expatriates to their home lands will pass the word around that the Algarve is not a safe place. This money would be better spent by giving the police adequate funding.

Another point that the Government should address is that it is a waste of police time and resources to take criminals to court and have judges let the criminals off with a caution or on bail. The police can hardly think it worthwhile to catch criminals only to see them let off with lenient punishment. Punishment pays!

I have a feeling that it may now be too late to save the Algarve tourist industry.

W. WOOD, Loulé

Can you help?

SIR, I am researching family history for one of our ancestors. He was Emmanuel Rebaire/Rebeiro, born 1792 in Portugal.

Val & Tynne

Let the headlines go unseen
And the Dow rise or fall
Let the post remain unread
And the phone ring unanswered
Let dust fall untouched
And weeds grow undisturbed
Let leaves blow in gusts across the uncut lawn
And cuddle in crannies unobserved
Let the weather be forecast unheeded
And the curtains remain unopened
Let them say we slept late today

JENNY FERNANDES

peril to the tourist industry.

In the Alfeicao-Sobradinho area where German, English, Portuguese and Dutch live, we have recently had a spate of burglaries, some of which entailed physical violence. Some of these expatriate residents have now left for their respective countries where they will inform their governments, embassies, and tourist agencies that the Algarve is no longer a safe area and that holiday makers should choose countries such as Egypt and other safer countries.

He is described as a Master Mariner and came to Newcastle-upon-Tyne.

He, married in 1820 in Newcastle-upon-Tyne, Anne Amment/Emmet. Does anyone engaged in similar research have this ancestor in their family tree? I would appreciate any information. E-mail: baribetti@btinternet.com

AUDREY STENHOUSE, By e-mail

Global warming research

SIR, A few weeks ago I complained on the Letters page that one of the problems with the press releases about global warming research was that it was all 'peer reviewed'; in other words, it was a system where your mates said your research was great, and in return you said their research was great, but none of you released the data upon which your conclusions were based, so no-one else could run a check on you.

One of the other problems we have is being dealt with in the same way, and that is research into the effects of mobile phone radiation. The lethal effects of that radiation were first discovered at the end of the sixties, well before mobile phones were in use. But when mobile phones started to become big business more and more researchers found their funding cut off.

The guy who first discovered the lethal nature of the radiation, Allan Frey, claimed that using a mobile phone was like holding up a small microwave oven, without any casing, right against your brain. I don't want to expound on the dangers of mobile phones here, but those of you who would like a clear and reasonably short introduction to the problems, which include the banning of wifi stations in French government offices, should have a look at the following <http://www.gq.com/cars-gear/gear-and-gadgets/201002/warning-cell-phone-radiation?currentPage=1>

This article should worry you, and it should certainly be a con-

cern to any parent whose child uses a mobile phone a lot. These things are very, very dangerous.

JOHN CLARE, Arao

Reply to the Algarve's Poet Laureate

SIR, As the only 'Ron' I know writing to The Portugal News, I guess Richard Thurman's 'pome' was directed at me. (Letters, 7th Feb). However, I am no poet and so I will not attempt to match his amusing doggerel.

"Will worldwide, nonstop mining of every description cause a catastrophic collapsing of the earth's surface?" he asks. Being "unbelievably well read" (I like to think so) my answer is a confident NO, especially in oil fields where oil is usually replaced with sea water. However, owners of drunken property subsiding into the collapsing salt mines of Cheshire may well disagree.

There is also no chance of the earth becoming so porous from the extraction of various minerals that antipodean short cuts could become a reality, which is as likely as the oft mooted idea that some day we may be able to station a plane above the required latitude, wait for the earth's movement to bring the necessary longitude into position and descend to our destination.

Mr. Thurman's queries remind me of one in the Letters page of a professional journal many years ago when the possibility of global warming was beginning to make the headlines. The writer pointed out that the white 'fog' rolling down the steps of the 'Top of the Pops' studio was not only carbon dioxide but obviously much heavier than air. So how could it accumulate umpteenth miles up in the air to form some kind of celestial duvet that could threaten the very survival of the world? As you can imagine, quite a bit of frivolous correspondence followed, especially from those with a chemical background who thought it might be a serious question.

RON LAVERY, By e-mail

Portuguese for Beginners



LESSON 26

Revision exercises.

⇒ Choose the correct word(s) - in a), b) or c) - to complete the sentences below.

- (8.00 pm) ____ !
a) Bom dia b) Boa noite c) Boa tarde
- Muito obrigada!
- ____ !
a) Aqui tem b) Por favor c) De nada
- A mesa da cozinha é ____ .
a) redondo b) redonda c) redondas
- Estes mapas são muito ____ .
a) detalhados b) detalhadas c) detalhada
- A Ana e eu ____ colegas e amigas.
a) sou b) são c) somos
- Os olhos da Maria ____ verdes.
a) é b) são c) és
- Qual ____ a capital da Bolívia?
a) é b) está c) tem
- As luzes da sala ____ apagadas ou não?
a) são b) estão c) está

- O nosso cão ____ fraco porque ____ ferido e doente.
a) é ... está b) está ... é c) está ... está
- A Sofia e tu ____ um filme novo.
a) têm b) tem c) tens
- Quarenta e nove ____ três é igual a cento e quarenta e sete.
a) menos b) a dividir por c) vezes
- ____ é a última estação do ano.
a) O Inverno b) O Outono c) Dezembro
- Hoje é sexta-feira e amanhã é ____ .
a) quinta-feira b) domingo c) sábado
- ____ é o sétimo mês do ano.
a) Julho b) Agosto c) Junho
- Uma dúzia e meia são ____ .
a) 126 b) 18 c) 15
- Uma dezena e meia são ____ .
a) 15 b) 18 c) 105

The Portugal News shows its face

The Portugal News has this week created its own Facebook fan club page, where followers can communicate directly with Portugal's national newspaper in English, ask for advice or even give their opinions and suggestions about the paper's website and the publication.

It is all about creating a better link between our readers and The Portugal News team; the people who produce, design, edit, write and even answer the phones when you call. To join our fast growing fan club, search for 'The Portugal News - Por-

tugal's national newspaper in English' group. In order to be able to join the group, you must have a valid Facebook account. To register on Facebook, please visit www.facebook.com.

Alternatively, you can follow us on Twitter!

Book your stand now
- 75% already sold - at
The Portugal News
International Algarve Fair
5th & 6th June

Please send your completed exercises with a STAMPED, SELF-ADDRESSED ENVELOPE, to me: Emília Rosendo at The Portugal News and I will return them corrected.
The Portugal News • Apartado 13 • 8401-901 Lagoa

SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

	9					7				3		4		7				4		3		9				2
		2	3		8	5				4				1				6								
	4	5				3	2			6		8	2			4			2		8				6	
	2		6	8	5		3			8		6		3		7			3	2			1	8		
5										7					4			8							4	
	8		4	3	2		6			4		1		2		6		7	1			3	6			
	3	6				7	4			1		7	6		5			5		2		9				
		4	2		1	8					2			8											8	
	1					5					9	2		6				2		7	5		3			

CODEWORD

V	A	G	E	N	J	O	I	A	B	L	E	
E	X	P	E	L	I	P	G	A	L			
R	P	A	N	T	I	Q	U	A	R	I	A	N
B	L	O	O	M	H	L	E	M	M			
	I	O	E	P	H	E	M	E	R	A	L	
C	O	N	T	R	A	R	I	N	E		A	
U	T	I	J	C	O	Z	I	L				
R	M	S	W	E	A	T	E	R	N	E	R	
F	E	E	L	E	M	I	S	R				
E	N	E	A	S	B	E	S	T	O	S		
W	I	T	T	I	C	I	S	M	N	A		
N	H	K	I	T	U	L	I	P				
M	E	M	O	R	A	B	I	L	I	A	L	O
R	N	G	E	T	W	E	A	K				
S	T	A	G	G	E	D	E	A	K			

(Right: Last week's solution)

Last weeks solutions:

6	3	1	9	2	4	8	7	5	1	8	7	9	6	2	4	3	5	1	4	5	7	9	3	2	6	8
2	7	4	5	8	3	1	9	6	5	2	6	7	4	3	9	8	1	9	8	7	2	4	6	3	5	1
9	5	8	7	1	6	2	4	3	9	4	3	1	5	8	7	2	6	3	2	6	1	5	8	9	4	7
3	2	5	4	9	8	7	6	1	3	6	4	8	1	7	5	9	2	5	6	3	9	2	1	7	8	4
4	8	9	6	7	1	3	5	2	2	7	1	3	9	5	8	6	4	7	1	8	5	3	4	6	9	7
1	6	7	2	3	5	4	8	9	8	9	5	6	2	4	3	1	7	4	9	2	6	8	7	1	3	5
7	4	3	1	5	9	6	2	8	4	3	9	2	7	1	6	5	8	6	3	4	8	1	2	5	7	9
5	1	6	8	4	2	9	3	7	7	1	8	5	3	6	2	4	9	8	5	1	3	7	9	4	8	2
8	9	2	3	6	7	5	1	4	6	5	2	4	8	9	1	7	3	2	7	9	4	6	5	8	1	3

PRIZE CROSSWORD 1048

- ACROSS**
1. Australian missile (9)
 8. Look at (3)
 9. Remark (11)
 11. Utmost (7)
 12. Problem (5)
 13. Attacker (6)
 15. Continue (4,2)
 17. Essay (5)
 18. Search (7)
 20. Destroyed (11)
 22. Legendary bird (3)
 23. Artifice (9)

[illegible]

We have one pack left in Portuguese, two in Spanish and one in Italian for the winners of our Prize Crossword. Please state which one you would like. Choice is based on first come first served and will be posted to the sender of the first correct solution opened next Thursday. Solutions to: The Portugal News Crossword N° 1048, Apt. 13, 8401-901 Lagoa. Be sure to enclose your name, address and phone number.

WORDSEARCH

C	F	U	X	A	M	S	C	T	X	T	U	N	I	E
H	A	T	S	A	C	D	A	O	R	B	D	H	A	A
N	M	F	V	E	X	A	M	P	L	E	D	A	V	G
K	I	J	Y	J	C	F	A	I	R	N	E	S	S	E
W	N	L	A	I	C	N	I	V	O	R	P	T	D	N
E	E	H	E	V	I	T	A	K	L	A	T	E	R	C
K	F	O	L	L	O	W	I	N	G	P	L	S	I	I
W	G	P	S	C	Y	L	E	K	I	L	N	U	B	E
C	O	N	F	U	S	I	O	N	Y	D	T	K	C	S
I	H	C	I	T	A	M	M	A	R	G	A	I	D	R
M	Y	N	O	M	E	R	E	C	Y	C	B	O	H	T
D	H	L	Y	A	D	M	D	E	E	C	C	U	S	I
I	S	I	L	E	N	C	E	I	L	M	I	G	A	S
M	O	E	E	R	U	T	A	N	G	I	S	H	K	U
A	L	S	L	E	C	N	A	C	Y	H	X	V	A	W

DIAGRAMMATIC, TALKATIVE, BIRD, BROADCAST, EXAMPLE, PROVINCIAL,
CANCELS, SIGNATURE, FOLLOWING, FAMINE, CEREMONY, SILENCE, AGENCIES,
UNLIKELY, SUCCEED, HASTE, CONFUSION, AMID, FAIRNESS

See if you can find 6 differences between the two photos.

[Last weeks solutions](#)

Across: 7 Option; 8 Retain; 10 Tension; 11 Trust; 12 Need; 13 Leave; 17 Brave; 18 Else; 22 Craft; 23 Unaware; 24 Assent; 25 Stress.
Down: 1 Content; 2 Stunned; 3 Comic; 4 Restive; 5 Vague; 6 Unite; 9 Endeavour; 14 Pretend; 15 Cleaver; 16 Release; 19 Scrap; 20 Raise; 21 Waste.

Last weeks winner: Lois Herrington, Alvor



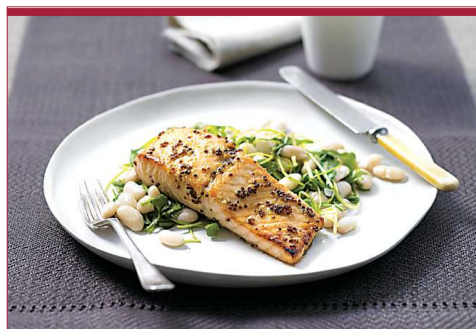
Last week's solution:

Don't cook up a storm on Valentines Day

Still not sure whether to make an effort, or avoid it altogether?

Top Valentine tips

- Don't serve noodles or spaghetti because the strands will end up hanging out of your mouth.
- Avoid serving corn-on-the-cob because they're impossible to eat seductively.
- Don't serve up slow-cooked casserole, as bits can get stuck in your teeth.
- Be careful not to drink too much before your date arrives. And remember that it's about sipping the wine, not necking half the bottle!
- Don't do anything that relies on a last-minute dash to the oven, like a soufflé or deep frying.
- If you really want to impress someone then have a practise run, or make something you've made before.



Mustard-glazed salmon with lemon and rocket and cannellini beans

1tbsp honey
1tbsp wholegrain mustard
1 lemon, zested and juiced
2 skinless salmon fillets
Olive oil
1 garlic clove, crushed
1 x 400g tin cannellini beans, rinsed and drained
50g rocket

Mix the honey and mustard with a splash of lemon juice and seasoning, then marinate the salmon in it for a couple of minutes.

Heat 2 tbsps olive oil in a small pan, add the garlic and cook gently for 3-4 minutes.

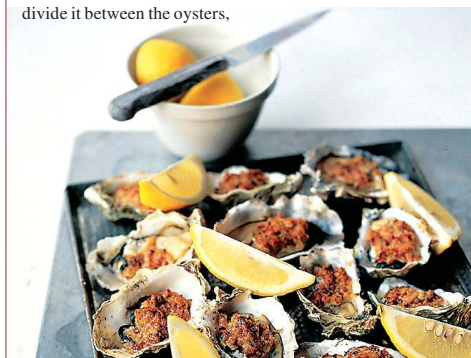
Add the beans and warm through. Add the rest of lemon juice and the zest and season. Grill the salmon for 7-8 minutes until just cooked through (no need to turn over). Toss the beans with the rocket and serve with the salmon.

Oysters Kilpatrick

3 bacon rashers, finely chopped
2tbsp fresh breadcrumbs
1tbsp Worcestershire sauce
4tbsp double cream
12 oysters
Lemon wedges, to serve

Heat a frying pan and add the bacon. Fry gently in its own fat until browned, then add the breadcrumbs and brown them briefly. Mix the Worcestershire sauce with the cream and divide it between the oysters,

season well and then top each with some of the bacon and breadcrumb mixture. Grill until brown and crisp and serve with lemon wedges.



Double chocolate cheesecake

300g cream cheese mixed with 200g mascarpone
100g dark chocolate, melted
milk chocolate 300g, melted
175g digestive biscuits, crushed and mixed with 50g melted butter

Press the biscuit mixture into the base of a 20cm springform tin. Fold the milk chocolate into the cream cheese mix and then stir in the dark chocolate so that it looks streaky. Spoon into the tin, level the top and chill for 2 hours or overnight.

Lamb chops with Turkish pepper salsa

Trim all the fat off the chops for the most low-fat option, or leave a little on for maximum flavour.

1 rack of lamb, about 8 chops
3tbsp pomegranate molasses
1/2 red pepper, finely diced
1/2 cucumber, small, seeded and finely diced
1 red onion small, diced
Small handful of mint leaves, chopped roughly, plus extra to garnish
1tbsp tomato puree
50g feta cheese, crumbled

Heat the oven to 200C/gas 6. Rub the rack with 2 tbsps of the pomegranate molasses and season well. Sear in a non-stick pan to brown on both sides. Put on a baking tray and roast for 15 minutes. Remove and rest for 10 minutes. Put the red pepper, cucum-

ber, red onion and mint in a bowl with the remaining pomegranate syrup and tomato puree. Season with salt and mix well. Slice the rack into chops and spoon the salsa over. Sprinkle the crumbled feta and the extra mint leaves over each plate before serving.



Really easy chocolate mousse

75g dark chocolate, chopped then melted (use a standard dark chocolate for this rather than a high cocoa one as it combines better)

2 eggs, separated
25g butter, melted
1tbsp Tia Maria (optional)
2tbsp golden caster sugar

To melt chocolate put it in a heatproof bowl sitting over (not in) a pan of gently simmering water or in short 10-second blasts in the microwave. Mix the chocolate with the egg yolks and butter.

Whisk the egg whites and then whisk in the sugar until the mixture is shiny and stiff. Fold the two mixtures together along with the Tia Maria, if using. Divide between 4 glasses and chill until set.

A whole lot more than JUST Chicken Piri-Piri!!

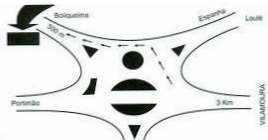


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18h - 23h (daily)

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Barry Earl Memorial Day in aid of Cancer Research

Albufeira Bowls Club at Club Praia da Oura hosted the annual Barry Earl Memorial Day on Wednesday 3rd February. Whilst the weather did its best to put a dampener on the event, the warm and friendly atmosphere created by the players turned out to be more than win the day. Ten teams (each of 6 bowlers, playing a singles, pair and triple) were represented by players from Albufeira, Alvor, Parque da Floresta, Tavira and Valverde Bowls Clubs. Games were played throughout the day from 10.00 am to 4.30 pm with all en-

joying the excellent hospitality laid on by Club Praia da Oura. The home team of Chris Dudman, Derek King, Kevin Rowley, Jim Miller, Norman Wright and Michael Jelly emerged as winners of the trophy this year by winning all three of their games with Parque da Floresta's team proving a very worthy runner-up. The whole event, including a well-stocked tombola and raffle, raised over 735 euros for Cancer Research, Portugal and Albufeira Bowls Club would like to thank all concerned for their wonderful support on the day.



L to R: Ewan Rankin, Diana Jackson representing National Geographic, Kate Scheier and Captain Ron Goddard

National Geographic Trophy

The Royal British Club Golfing Society were extremely lucky for their first game of the year which was played on February 3rd. By teeing off when it was barely light the field of 36 players managed to finish by lunchtime before the rain started!

The sponsor, National Geographic, generously donated beautiful books to the lucky six best players which were presented by Diana Jackson. The first prize went to Kate Scheier with 35 points, winning with a better back nine from Ewan Rankin who also scored 35. Third was Captain Ron Goddard with 34 points and fourth was Harley Barnard with 31. The fifth and sixth prizes also went to a count back with Chris Goulding beating David Gray both with 30 points. The Newstead Cup – for

19 plus handicap not in the first 4 winners – this month went to Eddie Leitao with 29 points. The Nearest the pin prizes this year are sponsored by Taylor's Port, for the men it went to Chris Goulding and none of the Ladies managed to get on the 6th green in two!

The Top Ten competition was won by Teresa Muhlbeck and the Cow Bell by Henk Vaandrager. Three guests fought for the Guest prize which was won by Werner Langlitz. This year the Captain awarded a new monthly prize – the mini Cow Bell – to be raffled between members who had not won a prize. The lucky winner this month was Isabel Nygren.

The next competition will be the Argent Trophy to be played on Wednesday March 3rd.

Walking in the beautiful Algarve

Let's Walk

Wednesday February 17th - from Carrapateira

This is a very different walk from the well known paths around Carrapateira. A good 2.5 - 3 hours, fairly easy with some short climbs and fabulous.

10.30am start meet in the centre of Carrapateira, by the cafes close to the mercado. Carrapateira is on the Vila do Bispo to Aljezur road and cafes with mercado are on the right. **Saturday February 20th - from Vale Fuzeiros**

A stunning walk through the countryside awash with flowers and full of ancient history relics. Moderately easy with some short climbs and just over 2 hours.

1.30pm meet at the cafe restaurant Casa da Vinha in Vale Fuzeiros. From Silves take the road towards Messines and after 9km turn left to Amorosa. Drive through Amorosa on the main road and you will then see a left turn to Vale Fuzeiros. When you come into the village Casa da Vinha is at the very far end on the left side.

There is no need to book please just come along we welcome eve-

rybody. Please bring some water, wear comfortable shoes and have a sense of humour - you never know what may happen! There is a charge of 5 euro per walk which includes a donation to charity. Walk organiser: Julie Statham 965 753 033 or 922 244 242

Algarve Walking Experience.

This Saturday we will walk a section of the **Algarve Way** from Barranco do Velho to Benafim. The distance is 24km time about 5 plus hours, coffee stop etc, meeting at **Benafim**, on the 124 between Alte and Salir, at the cafe by the roundabout where there is parking, at 9am.

Please phone if coming by 9pm Friday as transport to start will need to be arranged. Charge of 5 euro pp Tel 289 489 662 mob 912 715 835 mail info@algarvewalkingexperience.com Terry

East Algarve Walks Tuesday & Friday mornings

For more information contact Brian: 913 595 868, brian@moonlightservices.eu, www.moonlightservices.eu

Gladiators scratch Cats, Crusaders Punish Sinners

The two matches outstanding from week 14 were completed during this week. Valverde Vulcans visited Pedras Panthers and came away with a hard-earned victory by 56-52, collecting a much-needed six points against two. In the other game, PDF Crusaders travelled to play the Valverde Vikings and a very close match was eventually won by the Crusaders 46-44 and by six points to two.

Saturdays' games saw the Alvor Amigos at home to the Pedras Panthers and the Amigos won an emphatic victory by 70-36 and six points to two. Leaders Alvor Greens hosted the Valverde Vulcans and strengthened their stranglehold at the top of the table with a 66-43 win and another full count of eight points. Valverde Vikings meanwhile, were at home to the Amendoeira Nuts and cracked them open by 56-44, taking six points against two. Tavira Tigers had a very tense encounter with the Alvor

Harlequins, Tigers taking the honours (but only just) by 46-45 and by five points to three.

Albufeira Cats needed a good result at home to the Alvor Gladiators to keep up their challenge to the Greens at the top of the league table. The Gladiators were in no mood to give ground however and shared the points four each, although the Cats won the match 53-47. Finally the two PDF teams clashed in a match won easily by the Crusaders 77-40. Crusaders scored six points to move up to fourth and the Sinners earned two points.

The table shows Greens out in front on 106 points, whilst the Cats now have 89 in second. Gladiators have 79, just one ahead of the Crusaders with 78 points. Harlequins now have 76 and the Tigers have 69 points in sixth. Panthers are on 59, Amigos and Vikings both have 56, whilst Sinners now have 41. Nuts total 37 and the Vulcans have 20 points. *Alan Clarke - League Director*

Talks on Portuguese History

D Sebastião

Tuesday 16 February at 6.30 pm, Convento São José, Lagoa Friday 26 February at 11 am, Municipal Library, Tavira

One of the two kings in the history of Portugal to succeed as a minor, D Sebastião came to the throne when he was only three years old. By the time he was 24 he had embarked on his madcap invasion of Morocco that ended at Alcácer Quibir where he lost his life. The catastrophic outcome of his reign was that Portugal jeopardized the first European maritime empire and condemned herself to sixty years of Babylonian captivity under a Spanish yoke. His reign saw the

Inquisition take root in Portugal and the publication of the Lusíadas, the epic by Camões. D Sebastião's reign could have been years of triumph, but he left a country divided against itself and easy prey to the acquisitive Philip II of Spain. Today he is chiefly remembered for the nostalgia he arouses in the Portuguese soul as a leader who will return to lift the country again to the broad sunlit uplands. Peter Booker discusses the disastrous reign of D Sebastião and his legacies to his long-suffering country.

For more information contact: lynne.booker@iol.pt/ 281 971 567

ALFA Literary Salon

The first ALFA Literary Salon of 2010 took place on Monday 1st February. The highly international audience consisting of British, Portuguese, Dutch, Swedish, German, French, Swiss and Ukrainian Nationals was amused, entertained and taught by the experienced lecturer Professor Brian Wood. He took us in his comical way on his expeditions (1961) and Cruiseteriors

(1994) to the Antarctic, showed antique slides (50 years old) with astonishing quality differences and spellbound his audience in an easy-going way.

The next ALFA literary salon, is on Monday, 1st March, 7.30 pm at the Convento S. José, Lagoa.

All are welcome. Barbara Fellgiebel, Tel. +351917602607

Algarveans Auditions

This weekend The Algarveans Pantomime 'A Boy and Some Beans' will be on at the Lagoa Auditorium and if you haven't got your tickets yet there is still time to phone 282 789 608 or 966 507 308. Come and enjoy this colourful family entertainment for all the family.

The Algarveans Spring production is already in the pipeline and will be the much loved and hilarious 'Allo! 'Allo! So if you love theatre why not come and join us?

The play will be staged at the

Lagoa Auditorium on the 12th and 14th of May and anyone wishing to join the Algarveans Experimental Theatre Group are welcome to attend the auditions to be held on Monday 22nd February at the Cine-Silves Club in Silves at 7-7.30pm.

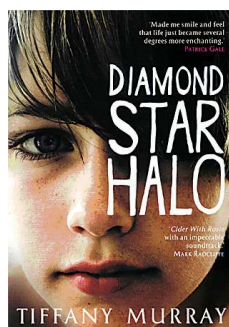
New members are always needed to help in the many and varied jobs attached to all our productions and for further details phone director David Butler-Cole on 968 335 856 or 282 330 242 or email coleloramotmail.com.



2010 Winning Team: Michael Jelly, (Margaret Earl presenting the awards), Derek King, Norman Wright, Chris Dudman holding the coveted trophy, Kevin Rowley and Jim Miller.

Write on!

More than a gold star for writer Tiffany Murray who will be signing copies of her latest book *Diamond Star Halo* at Lura dos Livros in Tavira on Thursday 18 February and at the Griffin bookshop in Alcanil on Friday 19 February (both 6 pm for 6.30 pm). *Diamond Star Halo* has received wide acclaim with sparkling reviews: 'Her lush prose will put a spring in your step and a smile on your face' (Emma Hagestadt, *The Independent*); 'If Murray's debut (*Happy Accidents*) was a psychedelic nod towards Stella Gibbons, in this one (*Diamond Star Halo*) she proves herself the glam-rock Dodie Smith.' (Alfred Hickling, *The Guardian*). Join Tiffany in ei-



ther Tavira or Alcanil and over a glass of wine find out about her real life connection with Freddie Mercury and how her fictional world came to be filled with love, magic and music.

Lynne Booke

All club items are welcome on this page.

If you are involved in a local club or have raised money for charity we would like to hear from you. Please send your stories to copy@the-news.net

Muddy Cogs bike rides

Saturday 13th February 2010 - Movers & Shakers

Starting Point

Lagoa :- Netto Car park Netto is next to the EN125 at the eastern side of Lagoa. There is ample parking in the streets near to Netto as well as the car park there.

Lets meet here at 09.45 am

Start Time:- 10.00am

Ride Details

This will be a moderately challenging ride on tarmac and dirt track roads around the Lagoa, Ferragudo & Praia da Rocha. There will be a cafe stop in Alvor

Sunday 14th February :- No Ride Bike Hire - Transport

If you need bike hire or transport, then please do let me know in advance so that this can be arranged. I will aim to be at Bikeland from around 09.00 am to 09.15 am on Saturday and can carry hire bikes and several passengers. Bike hire for Sunday needs to be booked in advance as Bikeland is closed on Sundays, if anyone needs a bike then please let me know and I can collect it on Saturday & return on Monday. Anyone needing transport on Sunday please let me know. Paul Beesley, 913 226 954.



A touch of luxury in the



Some months ago we reviewed the Pearl Restaurant which is part of the Renaissance London Chancery Court Hotel in Holborn. The restaurant was very impressive (see the review on our website travel pages), and we made a mental note that next time we were in London we would stay in the hotel. We like to discover and review hotels that are that bit out of the ordinary rather than the run-of-the-mill hotels that are on almost every street corner of every city. It was better than we could ever have expected.



The hotel lobby.

Situated within walking distance of Covent Garden and most of the major west end theatres and attractions, this lovely hotel is located in a very discreet and private courtyard, built in what was the old neoclassical Pearl Assurance building. What a setting for a luxury hotel.

The hotel occupies this striking Edwardian building where the city of London meets the West End. From 1914 it was the home of the Pearl Assurance Company until 1989, and then the building was restored by the

Marriott group with great sensitivity to its original features and opened as Renaissance Chancery Court in December 2000. Many of the building's original architectural details include seven types of marble and rare mahogany, which have resulted in several parts of the building being 'listed' by English Heritage.

Unlike most hotels, the entrance is located within its own courtyard, entrance to which is discreetly controlled by one of the hotel's security staff. You walk out of the busy area of Holborn and are suddenly in an

'oasis' of peace and quiet. Once in the courtyard, you walk into the impressive hotel entrance which features a large spacious lobby that is dominated by eight marble columns with bronze plinths and capitals.

The Reception Desk is directly ahead with an impressive and most unusual floral display in the centre, quite unlike anything we have seen before. When did you last see a range of Amarillis suspended upside down, and looking absolutely stunning? On either side of the Lobby are the Concierge and Porter's desks. Everything is

very minimal and spacious, which adds to the feeling of space and exclusivity. Check in is quick and efficient, and the reception staff get you off to a good start by making you feel really welcome.

All of the hotel's unique 356 rooms and suites are spacious and furnished in a classic contemporary style to a very high standard. There is also a Club Level on the third floor with its own dedicated lounge. We had a room on the fourth floor, which featured an entrance hall with a built in wardrobe (which also contained an iron and ironing board), a marble bathroom with double sinks on the left and the bedroom on the right.

The bathroom is large, with a very good selection of toiletries, plentiful thick towels, bathrobes and even a set of scales to remind you how much you are enjoying the food! A lovely feature for the ladies is a separate make up table with a large well lit mirror. It's the small touches that make the difference.

The bedroom itself was large and spacious with a sofa and armchairs and a large coffee table. One thing which seems standard in any Marriott group hotel, from their Courtyard brand right up to the more exclusive Renaissance brand, is a superbly comfortable bed. I don't think we have ever stayed in a Marriott hotel and been uncomfortable, thick but firm mattresses, down comforters, large and plentiful pillows and fine cotton sheets and duvets. You just sink into bed and the



The facade of the Renaissance Chancery Court.

stresses of the day, be it shopping or travelling just float away.

Service is discreet but very fast. A request for a pair of scissors was met with a knock on the door almost before we put the phone down.

Air conditioning is virtually silent (frequently not the case in many hotels), and nice attention to detail such as UK, European and American electrical sockets by the writing desk, so whatever plug you have on your laptop or whatever else, connection is no problem. Needless to say there is an internet connection (if you really must check your emails), or wireless in the reception area. Personally, I didn't want to, why spoil such relaxing comfort

by doing business.

Of course, if you are staying on business, your clients are going to be very impressed with your choice of hotel, and there are good meeting facilities available (there are 13 meeting rooms holding from 10 boardroom style to 280 in the ballroom) plus a 'state of the art' business centre and just about all the services you would expect from secretarial to fax and copying, messengers etc. This hotel is the place to clinch that multi Million pound deal in style!

The large TV (strangely not flat screen) had a very extensive range of channels, along with movies etc. The remote control was as complex as most hotel TV remotes are, but once you have mastered it and found the short cuts to what you want to see, it's plain sailing. Within the same cupboard you will find the mini safe, tea and coffee making facilities, a good range of teas from



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English Breakfast to Earl Grey and some really nice high quality biscuits. No corner cutting here.

Downstairs on the ground floor, there is a 'traditional lounge', a large room with a ceiling 12 metres high, but the decor has been designed to minimise the effect of the size. Red and gold are used to counterbalance the scale of the room. The Bar occupies the former West Banking Hall of the Pearl Assurance Building. It is an English Heritage Grade II listed room and features Ionic columns with bronze capitals, made entirely from rare Swedish marble. It has something of a private club atmosphere.

As you walk through the arch from Chancery Lane, on your right is the bar, and on the left is the Pearl Restaurant. We last reviewed the Pearl restaurant (see our travel pages, <http://travel.the-news.net/reviews/london.htm>) in August last year, and there is no doubt, if anything, it has improved, and it was very good last year! We were celebrating a family members 'significant' birthday, and the restaurant handled this small party with style and outstanding service. When one rather small member of the family fell asleep at the table, a waiter very gently and discreetly placed a pillow under his head. That is service.

We would have no hesitation in recommending this exceptional hotel, its perfectly located, unusual and quite unique in its own way.

Quoting prices is very difficult as these vary according to demand and availability. As a

guide, a weekend would normally cost less than £200/€228 a night (with breakfast), ranging up to the Club Level at around £300/€342 per night or less, again with breakfast.

Visit: <http://www.marriott.co.uk/hotels/travel/loncc-ren-naissance-london-chancery-court-hotel/> for more details.

Renaissance London Chancery Court Hotel, 252 High Holborn London, WC1V 7EN, England. Tel: 0044 207 829 9888, Fax: 0044 207 829 9889. P.L.



Pictured above: The Pearl Restaurant and below the hotel's imposing entrance.



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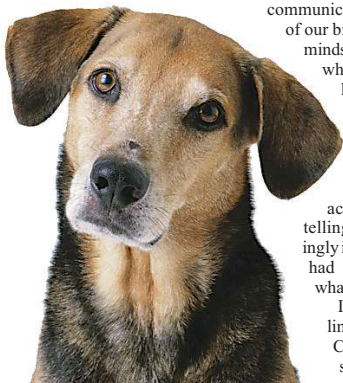
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Helping hands



One of our wonderful clients was telling us how his fabulous dog was slowly learning to help him out with tasks around the home. We have all seen the 'assistance' dogs and what they actually do to help. The dogs trained to help the blind and the deaf. Dogs learn fast and have such a capacity for absorbing everything you share with them.



Dogs are just so perceptive. There was a very interesting program on the television recently explaining the research at present being undertaken to delve more deeply into the minds of our dogs. They had some wonderful examples of dog's willingness to learn and to help. It pointed out how there is actually proof that a dog can 'read' our minds by always

communicating with one side of our brain, 'reading' our minds with their eyes. So when we get a strange look from our non dog owning friends after we comment that our dog can read our minds—we actually may well be telling the truth. Laughingly it made me decide I had better be careful what I was thinking!

I noticed a strong link with my Bearded Collie Lennie, he seemed to be on my 'wavelength', just as I knew when he needed something he knew when I needed him. Lennie went everywhere with me, he was critically ill throughout his life and we formed such a strong bond—I was lost when he left and still miss him badly 4 years on.

The link with my Waterdogs is very strong, especially with Cleo. It has to be said that the PWDs are with me 99.9% of the time,

they are beside me where ever I am. However, they do surprise me at times. The minute the alarm goes off on my phone in the morning Cleo will arrive beside the bed with my slipper or slippers—note sandals in the summer!! I actually sometimes think I put them out of her reach, as being jumped on with a slipper is a rude awakening. BUT she will find them and reach them wherever I put them! She will take notes between Jim and I. She does like to be given tasks and the other day delivered toilet tissue to the cloakroom—even Merlin helped her with that one, the first time he has done that. Cleo will bring me a magazine, my glasses. Cleo loves to help. The links with me are most amazing however with my health. She knows if I feel bad and will not leave my side. I twisted an ankle badly during the summer and fell in the garden, I was alone, Cleo did not leave my side until I could stand. The other week I started coughing violently after eating a peppery biscuit—both PWDs went to get Jim from his office and brought him to me—I was amazed. They are funny with the washing and if asked will take things from one place to the other. They bring me letters and the pa-

per. They pack things in the case and grooming box for me as I pack for show weekends. Equally they unpack things so I have had to write a checklist to tick off before I go, to avoid arriving at shows only to find something I needed was unpacked at base!!

I have always had a close link with my OES over the years, each one of them. I have always referred to OES as wanting to be 'in my slipper', they have all been the same. OES are definitely 'people' dogs, they are so special and different to any other dog but not quite so good at helping as the PWDs.

Now I am not showing the PWDs so much I have decided that I will 'harness' this will to learn and teach them to help out, just to see where it goes. I must quickly point out that I am not being a lazy person, they seem to want to help out and enjoy the challenge so I will let them do what they feel they want to.

Jan Cobley
Paws 4 Pets
916 273 376
www.paws4pets.net

SOS Algarve Animals

Helping the Algarve's Homeless Animals

Katy Rextrew and Anne Grogan started their blog 'SOS Algarve Animals'. The blog - www.sosalgarveanimals.blogspot.com - will be updated daily and will feature animals in foster homes and in shelters across the Algarve.

If you're able to offer a home to one of the Algarve's animals in need, why not log on to SOS Algarve Animals to see all the dogs and cats waiting for someone to love them.

Jan Cobley
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[/www.paws4pets.net](http://www.paws4pets.net)

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- * Amigos dos Gatos do Algarve - T. 962 414 584 - T./Fax: 289 514 218 - Contact: Lesley Normington
w Associação Animal - Apartado 2080, 8501-902 Portimão - T./Fax: 282 491 216
- * Associação dos Amigos dos Animais Abandonados de Loulé - Canil de S. Francisco de Assis, Campina de Baixo, 8100-285 Loulé - Ts. 289 416 862 / 919 765 600 or email: projectosul@clix.pt
- * Associação Bamboo - T. 282 788 345 / Fax: 282 788 344 - Contact: Nana - Budens - www.bambooalgarve.com
- w APAA - Associação de Protecção Animal do Algarve, on Mexilhoeira Grande - T. 914 767 958 or Tel/fax: 282 471 347 or email: safehandsofboardingkennels@clix.pt
- * Associação de Protecção aos Animais sem Lar do Concelho de Sesimbra - sesimbra.bianca@gmail.com (English, French and Spanish spoken) - www.bianca.pt/english - <http://bianca-pet-rescue-adoption.blogspot.com/>
- * Liga Portuguesa dos Direitos do Animal (LPDA) - Rua das Vinhas n.º 18, 4760-661 Vila Nova de Famalicão - T. 252 310 361
- * Sociedade Protectora dos Animais (SPA) - Rua de S. Paulo 55, 2.º Dt.º, 1200-426 Lisboa - T. 213 423 851 / Fax: 213 424 086
- * Valérie at Santuário dos Burros in Estômbar or call 913 860 865 or 282 342 823 (evenings) o email lili10.evann@yahoo.fr



CASTRO is not young, he is a mature adult of 6 years old but he is in excellent health and he is a beautiful example of Portuguese breed Castro Laboreiro. He is a big dog, gentle with people and playful with female dogs although dominant with other male dogs. He appeared chained to a tree near the shelter and he has spent last 2 years with us but we don't want him to stay forever, he deserves to enjoy his life in a property with space not being closed in a kennel. If you would like to give him a home, write at: sesimbra.bianca@gmail.com or see more pictures at www.bianca.pt/english



ALGARVE

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11 FEB-17 FEB



1
Up In The Air
George Clooney, Vera Farmiga
14.40-17.05-21.55 (00.25 Thu-Sat)
District 9
Sharlito Copley, Jason Cope
19.30
Arthur et la vengeance de Maltazard
Animation PV
(10.10-12.30 Sat & Sun)
2
Whatever Works
Larry David, Evan Rachel Wood
13.05-15.15-17.25-19.35-21.45 (00.05 Thu-Sat)
Planet 51 - Animation PV
(10.20 Sat & Sun)
3
Percy Jackson & The Olympians
Pierce Brosnan, Uma Thurman
(11.00 Sat & Sun) 13.25-16.00-18.35-21.10 (23.45 Thu-Sat)
4
The Princess and the Frog
Animation PV
(10.50 Sat & Sun) 14.15-16.30-18.45
Avatar
Sam Worthington, Michelle Rodriguez
21.00 (00.10 Thu-Sat)
5
Valentine's Day
Anne Hathaway, Ashton Kutcher
13.30-16.10-18.50-21.30 (0.20 Thu-Sat)
6
The Men Who Stare at Goats
George Clooney, Ewan McGregor
15.10-17.20-19.30-21.40 (23.50 Thu-Sat)
Where the Wild Things Are
Max Records, Catherine Keener
(10.40-12.55 Sat & Sun)
7
Cloudy with a Chance of Meatballs
Animation PV
(10.45 Sat & Sun) 13.20-15.35-17.40-19.45-21.50
Sherlock Holmes
Robert Downey Jr, Jude Law
(00.00 Thu-Sat)
8
A Bela e o Paparazzo
Soraia Chaves, Marco de Almeida
14.45-19.25-22.00 (00.30 Thu-Sat)
Alvin & the Chipmunks 2
Jason Lee, Zachary Levi
(10.20-12.40 Sat & Sun) 17.20
9
Invictus
Morgan Freeman, Matt Damon
13.25-18.25-21.15 (00.15 Thu-Sat)
Old Dogs
John Travolta, Robin Williams
(11.10 Sat & Sun) 16.20

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11 FEB-17 FEB



1
Cloudy with a Chance of Meatballs - Animation PV
13.20-15.30-17.30-19.20-21.20
Old Dogs
John Travolta, Robin Williams
(23.45 Fri & Sat)
2
Cloudy with a Chance of Meatballs
Animation PV
12.45-14.45
Avatar
Sam Worthington, Michelle Rodriguez
16.45-21.10 (00.25 Fri & Sat)
3
Up In The Air
George Clooney, Vera Farmiga
13.10-15.50-18.25-21.05 (23.50 Fri & Sat)
4
The Men Who Stare at Goats
George Clooney, Ewan McGregor
13.35-16.30-18.25-21.00 (23.40 Fri & Sat)
5
Whatever Works
Larry David, Evan Rachel Wood
13.50-16.10-18.35-21.25 (23.30 Fri & Sat)
6
Percy Jackson & The Olympians
Pierce Brosnan, Uma Thurman
13.30-16.00-18.40-21.30 (00.00 Fri & Sat)
7
Valentine's Day
Anne Hathaway, Ashton Kutcher
13.40-16.20-18.50-21.40 (0.20 Fri & Sat)

8
The Princess and the Frog
Animation PV
13.00-15.30-17.40-19.40
A Bela e o Paparazzo
Soraia Chaves, Marco de Almeida
21.50 (00.10 Fri & Sat)
9
Invictus
Morgan Freeman, Matt Damon
12.50-15.40-18.30-21.15 (00.10 Fri & Sat)

CASTELLO LOPES CINEMAS
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11 FEB-17 FEB



1
The Princess and the Frog
Animation PV
13.30-15.30-17.40-19.50
A Bela e o Paparazzo
Soraia Chaves, Marco de Almeida
21.50 (00.00 Fri & Sat)
2
Percy Jackson & The Olympians
Pierce Brosnan, Uma Thurman
13.40-16.10-19.10-21.40 (00.30 Fri & Sat)
3
Up In The Air
George Clooney, Vera Farmiga
13.50-16.20-18.40-21.20 (23.40 Fri)
4
Invictus
Morgan Freeman, Matt Damon
13.10-15.50-18.30-21.10 (23.50 Fri & Sat)
5
Cloudy with a Chance of Meatballs
Animation PV
13.00-14.55-17.00-19.00
Avatar
Sam Worthington, Michelle Rodriguez
21.00 (00.10 Fri & Sat)
6
Valentine's Day
Anne Hathaway, Ashton Kutcher
13.20-16.00-18.50-21.30 (00.20 Fri & Sat)

OV = Original Version
PV = Portuguese Version



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Film Classification

Precious - M/12
Cloudy with a Chance of Meatballs - M/4
Valentine's Day - M/12
Percy Jackson & The Olympians - M/12
My One and Only - M/12
The Princess and the Frog - M/6
The Men Who Stare at Goats - M/12
Whatever Works - M/12
Invictus - M/12
Antichrist - M/18
Up In The Air - M/12
Sherlock Holmes - M/12

M/4 - Four years and over
M/6 - Six years and over
M/12 - 12 years and over
M/16 - 16 years and over
M/18 - 18 years and over



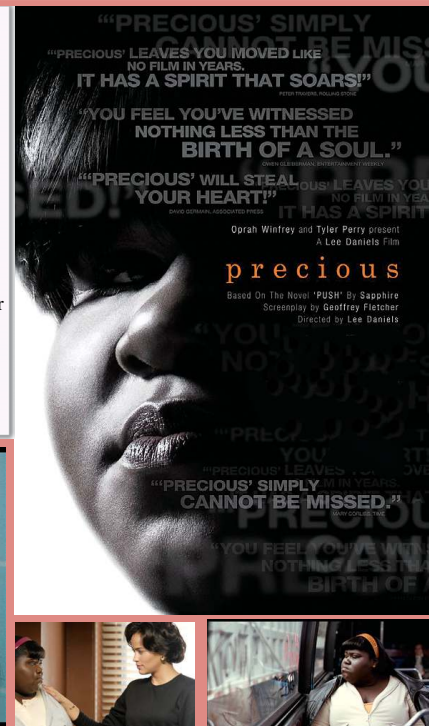
Title: Precious: Based on the Novel

Push by Sapphire

Genre: Drama

Stars: Gabourey Sidibe, Mo'Nique, Mariah Carey

Synopsis: Set in Harlem in 1987, it is the story of Claireece 'Precious' Jones, a 16 year old African-American girl born into a life no one would want. She's pregnant for the second time; at home, she must wait hand and foot on her mother, a poisonously angry woman who abuses her emotionally and physically. Precious has reached the ninth grade with good marks and an awful secret: she can neither read nor write.



Title: Cloudy with a Chance of Meatballs

Genre: Animation | Comedy | Family

Synopsis: The tiny town of Chewandswallow was very much like any other tiny town except for its weather which came three times a day, at breakfast, lunch and dinner. It rained things like soup and juice. It snowed things like mashed potatoes. And sometimes the wind blew in storms of hamburgers. Life for the townspeople was delicious until the weather took a turn for the worse. Something had to be done, and in a hurry.



Title: Valentine's Day

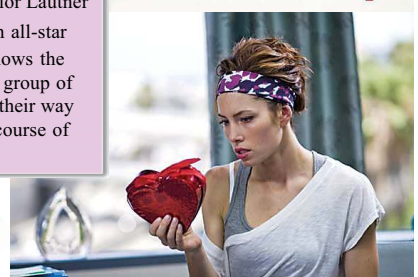
Genre: Comedy | Romance

Stars: Jessica Alba, Anne Hathaway, Jamie Foxx, Jennifer Garner, Queen Latifah, Taylor Lautner

Synopsis: Featuring an all-star ensemble cast, the film follows the intertwining storylines of a group of Los Angelinos as they find their way through romance over the course of one Valentine's Day.



Valentine's Day



HIGHLIGHTS



LOULÉ - Loulé Carnival Parade hits the streets February 14, 15 and 16 from 15h00 on Avenida José da Costa Mealha - Loulé is considered the biggest tourist attraction of the Algarve during the low season - With the theme "Show Business World", this show includes 15 floats, groups of animation, samba schools, giant puppets and giant heads, as well as thousands of extras - The entrance price is €2 - **Also in Loulé on February 13**, at 15h00, the Avenida José da Costa Mealha receives the Children's Carnival parade, involving 1700 school children of the 1st cycle and pre-school from public and private schools of the county - In addition to the parade itself, there will be children's shows, animation and street performances in the enclosure where inflatables will be installed.



LAGOS - February 15 - New Orleans Jazzband free concert at Tivoli Hotel - 20h30 - Information Tony Scriven 935 086 365



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SÃO BRÁS DE ALPORTEL - February 16 - 10th edition of the São Brás de Alportel traditional carnival parade with floats and lots of entertainers - 15h00 - Avenida da Liberdade - Thousands of visitors are expected in what is already considered one of the city's most important cultural events - www.cm.sbras.pt



Carnival Festivities until February 16 - Portimão lives the Carnival in a spontaneous and popular way, reflecting the dynamism and creativity of communities that encourage entertainers to show their imagination, but also one of solidarity with the Carnival Ball for Haiti, with all revenues to revert in favour of the International Medical Assistance (The Carnival Ball in Solidarity for Haiti will take place at the Portimão Arena on February 14 from 16h00 to 02h00).

popular way, reflecting the dynamism and creativity of communities that encourage entertainers to show their imagination, but also one of solidarity with the Carnival Ball for Haiti, with all revenues to revert in favour of the International Medical Assistance (The Carnival Ball in Solidarity for Haiti will take place at the Portimão Arena on February 14 from 16h00 to 02h00).

Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.
Websites: www.pavilhoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 234 / 707 780 000

ALBUFEIRA

UNTIL FEBRUARY 27

Exhibition of Engravings by Daniel Vieira - Municipal Art Gallery - Monday to Friday from 10h30 to 16h30 (Closed Sundays and public holidays) - www.cm-albufeira.pt

ALMANCIL

FEBRUARY 13

Concert 'Chopin by Candelight' - 19h30 - Piers Lane (piano) interprets composer Frédéric Chopin - Bookings through telephone number: 289 395 475 - Centro Cultural São Lourenço - e-mail: ccsl@iol.pt - centroculturalsaoulourenco.com

UNTIL APRIL 1



Collective Exhibition by acclaimed artists at Art Gallery São Lourenço - David de Almeida, Manuel Baptista, Carlos Barão, Jean-Marie Boomputte, Saskia Bremer, Teresa Calém, Rafael Canales, Philippe Claisse, João Cutileiro, Gervásio, Günter Grass, José de Guimarães, Gil Maia, Juan Martínez, Shintaro Nakaoka, Susan Norrie, João Paramés, A. R. Penck, Alfredo Garcia Revuelta, Bartolomeu dos Santos, Nuno Santiago, Georg Scheele, Antoni Tàpies, Glyn Uzzell - Centro Cultural São Lourenço - Open: 10h00 to 19h00 - 289 395 475 - e-mail: ccsl@iol.pt - www.centroculturalsaoulourenco.com

ARMAÇÃO DE PERA

FEBRUARY 16

Pancake-racing org. by APAA - Association for the Protection of Animals - Beach in front of Hotel Garbe - 10h30 - Races for all ages - Prizes for every Winner. Afterwards pancakes, with all sorts of delicious sweet and savoury fillings, will be served in the Hotel Garbe Bar - Sweet filling - €1.50 each - Savoury filling - €2.50 each. All proceeds from the event will go to the APAA. All Welcome! - For more details please phone Jane on 282 320 260 or Jenny Tucker on 919 041 903. Book now!

FARO

FEBRUARY 26

Great Pianists Series of Concerts - Figuras Theatre - 21h30 - Tickets: €12 & €16 - 289 888 100

LAGOS

FEBRUARY 18

Madrugada, supporting people affected by life limiting illness, presents a Karaoke Night at the

SOUTH

Restaurant Mirage in Luz - 19h30 - Tickets at €15 include a 3 course meal - Please make reservations with Annette on 282 762 620 - Joan on 967 732 508, Marie on 918 571 207 - or visit the Charity shop in Luz. Have Fun!

FEBRUARY 26

'Jazz com todos' (Jazz with All) by the Lagos Jazz Orchestra at Centro Cultural de Lagos - 21h30 - 282 770 450

DAILY

Visit the new Charity Shop in Amádena - Charity Shop in what was the old supermarket on the square past 'Brody' and 'O Poço' restaurants - LAPS - Lagos Animal Protection Society - 282 687 334

LOULÉ

UNTIL FEBRUARY 26

The Chá d'Arte presents the Exhibition 'SWIRL' - Drawings and Paintings by Jill Stott - The art gallery Chá d'Arte is situated in the historic centre of the city on Largo D. Pedro I, nº 5-6 - E-mail: chadarte@sapo.pt

OLHÃO

FEBRUARY 20

Theatre play 'The Monkey with the cut tail' - Municipal Auditorium - 16h00 - 289 710 170

PADERNE

DAILY

Art Exhibition at Galeria Corte Real - Signposted from Ferreiras, Boliqueime & Paderne - 918 980 199 / 912 737 762

PORTIMÃO

FEBRUARY 27

Theatre play 'One hood, two wolves and a pig times three' - Small Auditorium of Municipal Theatre - 16h00 - €5 - 282 402 475 / 961 579 917

FEBRUARY 27

Concert Series of Great Pianists - Municipal Theatre - 21h30 - 282 402 475 / 961 579 917 - www.cm-portimao.pt

S. BRÁS DE ALPORTEL

FEBRUARY 28

Fado Evening - Museu do Trajo - 21h00 - Friends of the Museum - 966 329 073 - www.amigos-museu-sbras.org

SILVES

FEBRUARY 18



There is a bingo evening at the Silves cinema - 19h30 for 20h00 - 2 euros

entry and 5 euros for 6 games - Lots of prizes!!! - The event is in aid of Castelo de Sonhos and the more people that can come along, the more money we can donate - For more information, please call: 282 084 438

NORTH

PORTO

DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before visit - Price: €2; Free for children under 12 - 220 120 214 - Avenida da Boavista, 604-610 - www.casadamusica.com

CASCAIS

DAILY

» **Cascais Cultural Centre** - Concerts, shows, exhibitions, & other events - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - 214 848 900

» **Naval Club** - The Cascais Naval Club is situated on the bay, and important international competitions are organised from there.

» **Sea Museum - Rei D. Carlos** - The museum has a vast range of exhibits related to the sea. There are sections on natural history, ethnology and underwater archaeology. The collection includes old maps, fishermen's clothing, models of boats and treasures salvaged from ships wrecked in the sea around Cascais and in the Tagus estuary - Guided tours: 214825081 - Rua Júlio Pereira da Mello in Cascais - Open: from 10h00-19h00; closed on Mondays and Public Holidays - 214 825 400

ESTORIL

DAILY

» **Casino Estoril** - Praça José Teodoro dos Santos - 214 667 700 - Info.estoril@estoril-sol.com

LISBON

UNTIL FEBRUARY 28

'Lenços dos Namorados' (Valentine handkerchiefs), with all its charm, will be on display in a magnificent building with a few centuries of history, near the Cathedral of Lisbon. It is in the 'A Arte da Terra' (The art of the earth), a space dedicated to Portuguese Traditional Culture, on Rua Augusto Rosa No. 40 - 212 745 975 - <http://www.aartedaterra.pt>

Lisbon Concerts

(Tickets: See details bottom page)

February 14 - Joss Stone performs at the Coliseu dos Recreios - **March 14 - Spandau Ballet** - Atlantic Pavilion 'Sala Atlântico' - 21h00 - **March 22 & 23 - Star Wars in Concert** - Sala Atlântico of Atlantic Pavilion - 21h00 - **April 6 to 17 - Mitch Sebastian's 'The Opera Show'** - Oceanos Auditorium of Casino Lisboa - **April 7 - Tokio Hotel** - Welcome to Humanoid City Tour - Atlantic Pavilion's Sala Atlântico - 19h30



DAILY

Serralves Foundation: Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum & casa de serralves) - Sun: 15h-16h - Visits to the park; Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Location: Rua D. João de Castro, 210 - T. 226 156 584 - www.serralves.pt

CENTRE

DAILY

» **Mercado da Ribeira** - On the riverfront, this popular market is the Coolest Place in Town - Crafts, events, gastronomy - Av. 24 de Julho

» **National Coach Museum** - Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family - Open from 10h00 to 17h30 (Closed Mondays) and public holidays) - Praça Afonso de Albuquerque - 213610850

» **Oceanarium** - Spectacular design by Peter Chermayeff, it is one of Europe's biggest oceanarium - Park of Nations - 10h00 to 18h00 - 218 917 002

» **Influxcontemporary - A museum dedicated to African Contemporary Art** - Open from Wednesday to Saturday from 14h00 to 19h00 - Rua Fernando Vaz, 20B - T. 918 501 234 - www.influxcontemporary.com

SINTRA

DAILY



Pena Palace - The Palace dates back to 1839 - Visits info: Sintra City Hall on Largo Dr. Vergílio Horta - 219238500 - geral@cm-sintra.pt

DAILY

Leal da Câmara Museum - Calçada da Rinchoa, 67, Rinchoa - Also has access through Algueirão Velho, Fiteiras and Meleças - 219164303 - Fax: 21 923 6150

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.35 Rachel Allen: Home Cooking. (T) 12.00 BBC News; Regional News; Weather. (T) 12.15 Football Focus. (T) 1.00 Inside Sport: Michael Johnson, Downhill Skier. (R) (T) 1.30 Live Six Nations Rugby Union. Wales v Scotland (Kick-off 2.00pm). (T) 3.55 BBC News; Regional News; Weather. (T) 4.05 Live Six Nations Rugby Union. France v Ireland (Kick-off 4.30pm). (T)

6.45 TotalWipeout. Richard Hammond and Amanda Byram host as 20 more contestants, including a mother and daughter, an accountant determined to prove himself more than a pen-pusher, and the Channel Islands' first participant, race over the purpose-built obstacle course. In the final round, with the chance to win #10,000 up for grabs, one of the remaining contestants fears the 50ft drop in the Wipeout Zone. (R) (T)

7.45 So You Think You Can Dance. Cat Deeley presents the grand final, in which the four remaining contestants vie to be crowned Britain's Favourite Dancer, earning the chance to perform in Hollywood and win a prize of #100,000. Judges Nigel Lythgoe, Arlene Phillips, Louise Redknapp and Sisco Gomez offer their expert opinions, but the winner will be decided solely by the public vote. Robbie Williams also performs his new single Morning Sun. Last in the series. Includes the National Lottery draws. (T)

9.25 Casualty. Charlie feels the effects of stress and overwork as he receives news from Louis that Shona has broken into his house, but he fails to heed Tess's warning that he should see a doctor. Adam returns to work, but it becomes apparent to everyone that it is too soon. Jordan is annoyed by Zoe's attitude. Dixie refuses to tell her father the truth about her sexuality, and May tries to persuade Lenny and Yuki to share her flat. With guest star Jesse Birdsall (Bugs). The story continues in Holly City on Tuesday at 8pm. (T)

10.15 Live at the Apollo. Alistair McGowan hosts the stand-up comedy show from the Hammer-smith Apollo, introducing acts Kevin Bridges and Reginald D Hunter. Last in the series. (T)

11.00 BBC News; Weather. (T) National Lottery Update. (T)

11.20 The Football League Show. Highlights and all the goals from today's fixtures in the Championship, League One and League Two, including Doncaster Rovers v Nottingham Forest. (T)

12.35 Friday Night with Jonathan Ross; (R) (T) Weatherview. (T) 1.40 BBC News. (T)

(R) - repeat programme w/teletext subtitles
(S) - programme broadcast in stereo
(bw) - black and white

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 The Planet's Funniest Animals. (T) 9.55 The Crocodile Hunter Diaries. (R) (T) 10.55 Popstar to Operastar. (R) (T) 11.55 News and Weather. (T) 11.59 London Weather. (T) 12.00 Live FA Cup Football. Southampton v Portsmouth (Kick-off 12.30pm). (T) 2.30 FILM: Field of Dreams (1989). Baseball fable, with Kevin Costner and Ray Liotta. (T) 4.30 London Tonight; Weather. (T) 4.45 ITV News and Weather. (T)

5.00 Live FA Cup Football. Manchester City v Stoke City (Kick-off 5.15pm). (T)

7.15 Harry Hill's TV Burp. The big-collared comedian looks back at the week's small-screen highlights, subjecting the latest soaps, reality shows and documentaries to his unique brand of scrutiny. (T) Take Me Out. A freestyle footballer and a Tom Cruise look-alike are among the eligible bachelors trying to impress 30 single women in the dating game. Last week's couples also go on their dates, discovering whether they are a match made in heaven or hell. Comedian Paddy McGuinness presents. (T)

8.45 All Star Mr & Mrs. Emmerdale's Lucy Pargeter (Chas Dingle) and her fiance Rudi, Star Trek actor George Takei and his partner Brad, and England rugby player Phil Vickery and his wife Kate reveal how much they know about one another in an attempt to win #30,000 for their chosen charity. Fern Britton and Philip Schofield present. (T)

9.45 Benidorm. One-hour special. Following her beach wedding disaster thanks to the Oracle's paralyzing accident, Madge hitches a ride with an eccentric Spanish criminal, who takes her and Janice captive and holds them hostage at the Solana resort. Mick and Mel, however, are determined to rescue their other halves. Comedy, starring Sheila Reid, Siobhan Finneran, Steve Pemberton and Geoffrey Hutchings. (R) (T)

10.45 ITV News and Weather; Weather. (T) 11.00 FA Cup Football Highlights. Matt Smith presents fifth-round action, including Chelsea v Cardiff City, Southampton v Portsmouth and Manchester City v Stoke City. The Bluebirds were cup runners-up in the fourth round of the 2004/05 campaign. The Citizens had already beaten Stoke at the City of Manchester Stadium once this term and will have been confident of repeating the feat. Plus, the key moments from Reading v West Bromwich Albion and Derby County v Birmingham City. (T)

12.00 FILM: The Yakuza (1975). Action thriller, starring Robert Mitchum; (T) ITV News Headlines. 2.05 FILM: American Graffiti (1973). Coming-of-age comedy drama, starring Richard Dreyfuss. (T) 4.00 ITV Nightscreen.

BBC2

6.00 OBeebies: Jakers! (R) (T) 6.20 Clifford. (R) (T) 6.35 Boof! (R) (T) 6.45 Lingo. (R) (T) 7.00 CBBC: Dennis and

Gnasher. (R) (T) 7.10 Dennis and Gnasher. (R) (T) 7.25 Sportsround. (R) (T) 7.40 What's New Scooby-Doo? (R) (T) 8.00 Richard Hammond's Blast Lab; (R) (T) Leon. (R) (T) 8.30 Jump Nation. (T) 9.30 Prank Patrol. (T) 10.00 Ed and Ouch's Excellent Inventions. (T) 10.30 Keep Your Enemies Closer. (T) 11.00 The Slammer. (R) (T) 11.30 Animals at Work. (R) (T) 12.00 Winter Olympics: Opening Ceremony. (T) 1.00 FILM: The Importance of Being Earnest (1952). Oscar Wilde comedy, starring Michael Redgrave. (T) 2.35 Animal Park. (R) (T) 3.35 Art of Russia. (T) 4.35 Final Score. (T) 5.15 A History of Christianity. (T) 6.15 Dad's Army. (R) (T) 6.45 Alaska: The Arctic Man Ski & Sno-Goo Classic. (T) 7.30 Live Winter Olympics. Clare Balding and Kerrin Lee-Gartner present coverage of the men's downhill alpine skiing race from Whistler Creekside in Canada, one of the blue-ribbon events of the Games. (T) 9.15 The Virtual Revolution. Aleks Krotoski explores how businesses make money from apparently free services on the world wide web, and reveals how the internet has made advertising increasingly sophisticated. (T) 10.15 Ol XL. (T) 11.00 Heroes. (T) 11.45 The Persuasionists. (T) 12.15 Live Winter Olympics. Featuring luge, speed skating and freestyle skiing. (T) 5.00 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 Yo Gabba Gabba. (T) 7.05 Freesports on 4. (R) (T) 7.30 World Sport. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: Friends. (R) (T) 9.25 T4: Shooting Peter Andre. (R) (T) 9.55 T4: Glee. (R) (T) 10.50 T4: Mr Hudson Feat. Kanye West: Video Exclusive. (T) 10.55 T4: Dave Berry's Great British Love Songs. (T) 11.55 T4: Ultimate Traveler. (R) (T) 1.00 T4: Smallville. (T) 1.55 Channel 4 Racing from Newbury and Warwick. Including the 3.10 tatesport Trophy Hurdle (Hcap) (2m 1/2f). (T) 3.55 Three Hungry Boys. (T) 4.25 Come Dine with Me Extra Portions. (R) (T) 4.55 Come Dine with Me Extra Portions. (R) (T) 5.30 Come Dine with Me Extra Portions. (R) (T) 6.00 Come Dine with Me Extra Portions. (R) (T) 6.30 Channel 4 News. (T) 7.00 FILM: Fantastic Four (2005). Five astronauts develop superhuman powers during an energy storm in space, but one puts his abilities to evil use. Sci-fi comic-book adventure, with Ioan Gruffudd and Jessica Alba. (T) 9.00 FILM: My Super Ex-Girlfriend (2006). An insecure superhero is outraged after being dumped by her boyfriend, so decides to use her powers to ruin his life. Fantasy comedy, with Uma Thurman, Luke Wilson and Eddie Izzard. (T) 10.50 Alan Carr: Chatty Man. (R) (T) 11.40 FILM: Volver (2006). Premiere. Spanish comedy drama, starring Penelope Cruz. 1.50 Swimming. (R) (T) 2.05 Sleep with Me. (R) (T) 2.30 Strange Little Girls. (R) (T) 2.50 Afterworld. (R) (T) 3.10 St Elsewhere. (R) (T) 3.55 Scrapheap Challenge. (R) (T) 4.50 Countdown. (R) (T) 5.35 The Hoobs. (R) (T)

FIVE

6.00 Sunrise. 7.10 Milkshake! Elmo's World. (R) (T) 7.15 Fireman Sam. (R) (T) 7.30 Chiro. (R) (T) 7.40 Make Way for Noddy. (R) (T) 7.55 Milkshake! Bop Box. (R) (T) 8.00 Hana's Helpline. (R) (T) 8.15 Mist: Sheepdog Tales. (R) (T) 8.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 9.00 Olivia. (R) (T) 9.15 The Mr Men Show. (R) (T) 9.30 Gerald McBoing Boing. (R) (T)

(T) 10.00 The Gadget Show. (R) (T) 11.00 Extreme Fishing with Robson Green. (R) (T) 12.00 Chinese Food in Minutes. (R) (T) 12.30 Zoo Days. (R) (T) 1.00 Animal Rescue Squad. (R) (T) 1.15 FILM: The Staircase Murders (2007). Fact-based thriller, starring Treat Williams. (T) 3.05 FILM: Michael (1996). Fantasy comedy, starring John Travolta. (T) 5.05 FILM: Private Benjamin (1980). Comedy, starring Goldie Hawn. (T) 7.00 Five News. (T) 7.05 NCIS: A Pentagon cryptographer dies in suspicious circumstances. (R) (T) 8.00 NCIS: Gibbs and the team raid an illegal motor business run by Navy officers and find a Marine's severed head in the back of a car. Mark Harmon and Paulie Perrette star. (R) (T) 9.00 CSI: NY. A software executive is poisoned. (T) 10.00 CSI: Crime Scene Investigation. A taxi driver is falsely branded a murderer. (R) (T) 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 SuperCasino. 4.05 House Doctor. (R) (T) 4.30 House Doctor. (R) (T) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

Best of the Rest

BBC3
7.00 Out-takes: US Presidents 7.20 The Real Hustle: Undercover 7.50 The Real Hustle: Undercover 8.20 Top Gear 9.25 Film: Cool Runnings PG (1993) 11.00 Family Guy 11.20 Family Guy 11.45 Film: Interview with the Vampire 18 (1994) 1.45 Vampires: Why They Bite 2.40 Being Human 3.40 The Real Hustle: Undercover 4.10 The Real Hustle: Undercover 4.40 Hotter than My Daughter 5.10 Out-takes: US Presidents 5.30 Close

BBC4
7.00 Live 8.00 Bombay Railway 9.00 Wallander 10.30 Nurse Jackie 11.00 The Armstrong & Miller Show 11.30 The Thick of It 12.00 Later Latin 1.00 BBC Proms 2009 3.10 Bombay Railway 4.10 Close

1.40 Nanny 9.11 2.30 The Planet's Funniest Animals 3.00 Holiday Showdown 4.00 Brits Hits 3.00 5.00 American Idol 6.00 American Idol 7.00 Film: Johnny English PG (2003) 8.50 Film: The Bourne Identity 12 (2002) 11.10 Film: The Bourne Supremacy 12 (2004) 12.00 Harry Hill's TV Burp 1.50 The Vampire Diaries 2.35 Teleshopping 5.35 ITV2 Nightscreen
Sky1
1.00 Oops TV2 2.00 Got to Dance 3.00 Fat Families 4.00 Bite Size Brainiac 4.20 Modern Family 4.50 Got to Dance 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Ooops TV 9.00 Film: Die Hard 2 18 (1990) 11.20 Got to Dance 12.20 Bill Bailey's Birdwatching Bonanza 1.20 Road Wars 2.10 NCIS: Los Angeles 3.05 Road Wars 3.55 Prison Break 4.45 Hello Goodbye 5.10 Are You Smarter than a 10 Year Old? GOLD

1.20 Only Fools and Horses 2.00 Only Fools and Horses 2.40 Only Fools and Horses 3.20 Only Fools and Horses 4.00 Only Fools and Horses 4.40 Only Fools and Horses 5.20 Only Fools and Horses 6.00 Only Fools and Horses 6.40 Only Fools and Horses 7.20 Only Fools and Horses 8.00 Film: Hitch 12 (2005) 10.20 Absolutely Fabulous 11.20 The Comic Strip Presents 12.00 The Two Ronnies 1.10 The New Statesman 1.40 Absolutely Fabulous 2.30 The Comic Strip Presents 3.00 Close

MOVIES

Sky Movies Drama

6.00 Eye of the Dolphin PG (2008) 7.45 Phoebe in Wonderland PG (2008) 9.30 The Assassination of Jesse James by the Coward Robert Ford 15 (2007) 12.10 Regarding Henry 15 (1991) With Harrison Ford. 2.00 Control 15 (2007) With Sam Riley. 4.15 Then She Found Me 15 (2007) With Helen Hunt. 6.00 The Way We Were PG (1973) With Barbra Streisand. 8.00 Australia 12 (2008) With Nicole Kidman. 10.45 Changeling 15 (2008) With Angelina Jolie. 1.15 Sweeney Todd: The Demon Barber of Fleet Street 18 (2008) With Johnny Depp. 3.15 Body Shots 18 (1999) 5.05 Sam Churchill: Search for a Homeless Man PG (1998)

Sky Movies Comedy

6.45 27 Dresses 12 (2008) 8.45 The Game Plan U (2007) 10.45 Role Models 15 (2008) 12.30 Forgetting Sarah Marshall 15 (2008) With Jason Segel. 2.30 The Love Guru 12 (2008) With Mike Myers. 4.00 27 Dresses 12 (2008) With Katherine Heigl. 6.00 The Game Plan U (2007) With Dwayne Johnson. 8.00 Role Models 15 (2008) With Paul Rudd. 10.00 Zack and Miri Make a Porno 18 (2008) With Seth Rogen. 11.45 Forgetting Sarah Marshall 15 (2008) With Jason Segel. 1.45 Be Kind Rewind 12 (2008) With Jack Black. 3.30 Zack and Miri Make a Porno 18 (2008) 5.20 Brewster's Millions PG (1985)

Sky Movies Action/Thriller

7.05 Redbelt 15 (2008) 8.50 The Edge 15 (1997) 10.50 Knight Rider 2000 12 (1991) 12.30 The Dark Knight 12 (2008) With Christian Bale. 3.00 The Rock 15 (1996) With Sean Connery. 5.20 The Mummy 12 (1999) With Brendan Fraser. 7.30 The Edge 15 (1997) With Anthony Hopkins. 9.30 The Rock 15 (1996) With Sean Connery. 11.50 The Glimmer Man 18 (1996) With Steven Seagal. 1.25 Con Air 15 (1997) With Nicolas Cage. 3.25 Body of Evidence 18 (1992) 5.10 Knight Rider 2000 12 (1991)

Saturday's Pick

Winter Olympics: Opening Ceremony, BBC2, 12pm It's all downhill from here... Vancouver 2010 is a 17-day festival of live international winter sports - from biathlon to bobsleigh; curling to cross-country; skiing to skeleton; snowboarding to ski jumping - taking place from 12 to 28 February. The competition schedule involves 86 medal events in 15 Winter Olympic sports held at nine venues. BBC TV will broadcast more than 160 hours from BBC Two and BBC HD (with an additional 13 hours also available on BBC HD), bringing British audiences the global stories of ambition, determination and courage, while capturing the excitement, drama and

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 FIFA Futbol Mundial 7.00 Champions League Weekly 7.30 Football League Weekend 8.30 Champions League Weekly 9.30 Soccer AM 12.00 Soccer Saturday 12.00 Live Football Special. Swansea City v Newcastle United (Kick-off 12.45pm). 3.00 Soccer Saturday 5.30 Live Super League. Castleford Tigers v Warrington Wolves (Kick-off 5.45pm). 8.00 Live Fight Special. Nathan Cleverly v Antonio Brancalion. 11.00 Super League 12.30 Champions League Weekly 1.00 Big Fight Special 4.00 Super League 5.30 Champions League Weekly

Sky Sports 2

6.00 Wild Spirits 6.30 Live European Tour Golf. The Avenha Masters. 10.30 NFL: America's Game 11.30 Super League 11.50 Live Tennis. The first World Tennis Tournament semi-final. 3.00 Friday Fight Night 5.00 NFL: Total Cleverly v Antonio Brancalion. 11.00 European Tour Golf 12.30 Wild Spirits 1.00 Spanish Football 2.30 World Sport 3.00 Sky Sports Classics 3.15 Live International Cricket. Australia v West Indies.

Sky Sports 3

6.00 Sports Unlimited 7.00 Tight Lines 8.00 Friday Fight Night 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 European Tour Golf 5.00 IEX Magazine 5.30 Max Power 6.30 Champions League Weekly 7.00 Live Spanish Football. Xerez v Real Madrid (Kick-off 7.00pm) and Villarreal v Athletic Bilbao (Kick-off 9.00pm). 11.00 WWE: Late Night - Superstars 12.00 WWE: Late Night - Smackdown 2.00 WWE: Late Night - Bottom Line 3.00 NFL: Total Access 4.00 Champions League Weekly 4.30 Spanish Football



BBC1

6.00 Breakfast. (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Country Tracks. (T) 12.00 The Politics Show. (T) 1.00 EastEnders. (T) 2.00 Live Six Nations Rugby Union. Italy v England (Kick-off 2.30pm). (T) 4.30 A Question of Sport. (R) (T)

5.00 Songs of Praise. Aled Jones hears stories of Christian love, and worshippers in the Vale of Evesham sing hymns including Love Divine and O for a Heart to Praise My God. (T)

5.35 BBC News; Regional News; Weather. (T)

6.00 Countryfile. In Long Mynd in Shropshire, Matt Baker discovers why setting fire to hillsides is not as damaging as it sounds, while Julia Bradbury searches for red grouse. Including Weather for the Week Ahead. (T)

7.00 Antiques Roadshow. Fiona Bruce presents from Blists Hill Victorian

Town near Ironbridge in Shropshire, where experts value items including a group of early puppets, a collection of Sixties clothes and accessories, and a valuable oak dresser that is described as "best of the best". (T) Lark Rise to Candleford. Daniel begins a campaign in the newspaper on behalf of a beggar who regularly visits the Timmins family, but finds the old man's story is not as straightforward as the locals were led to believe. Laura is surprised by her reaction when the journalist tries to present her with a gift, and Thomas reads a self-help book in an attempt to become more successful. Period drama, guest starring Ronald Pickup (Lord Byron in Holly City). (T)

9.00 Seven Ages of Britain. David Dimbleby studies the art and artefacts that chart England's rise to international dominance under Henry VIII and his children, including the wreck of the Mary Rose and Holbein's the Ambassadors. He examines the power of religion with a visit to the Great Bible at Lambeth Palace, and reads the original copies of Shakespeare's history plays at the Globe Theatre. (T)

10.00 BBC News; Regional News; Weather. (T)

10.25 Great British Railway Journeys. Michael Portillo travels the length and breadth of the country with a copy of George Bradshaw's Victorian Railway Guidebook to discover how the railways have affected people and find out what remains of Bradshaw's Britain. He begins by learning to speak Scouse in Liverpool, researching the first railway fatality and exploring the origins of the Eccles cake. (R) (T)

10.55 FILM: Rabbit-Proof Fence (2002). Fact-based Australian drama, starring Everlyn Sampi. (T)

12.25 The Sky at Night. (T) Weatherview.

(T) 12.50 Sign Zone: Dear Diary. (R) (T) 1.50 Sign Zone: Holly City. (R) (T) 2.50 Sign Zone: Wonderland - The Trouble with Mother. (R) (T) 3.30 Sign Zone: History of Now - The Story of the Noughties. (R) (T) 4.30 BBC News. (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 FA Cup Football Highlights. (R) (T) 10.25 Coronation Street. (T) 12.45 News and Weather. (T) 12.54 London Weather. (T) 12.55 Live FA Cup Football. A fifth-round double bill. (T)

5.55 London Tonight; Weather. (T) 6.05 ITV News and Weather. (T) 6.20 Harry Hill's TV Burp. The comedian looks back at the week's small-screen highlights, subjecting the latest soaps, reality shows and documentaries to his unique brand of scrutiny. (R) (T)

6.50 Dancing on Ice. A guest judge replaces Robin Cousins on the panel as the nine remaining celebrities take to the ice in a Valentine's

Day-themed show. Phillip Schofield and Holly Willoughby host. (T)

8.45 Wild at Heart. Danny's attempt to help Alice settle into her new job at Mara backfires when he buys her a female hyena that attacks a lone male. As they operate on the injured animal, tensions escalate and she throws him out of the surgery. Meanwhile, Rowan takes Vanessa on a trip to the Bush with a honeymooning couple, which ends in misery. Drama, starring Stephen Tompkinson, Dawn Steele, Cal Macaninch and Mary-Anne Barlow. (T)

9.45 Dancing on Ice: The Skate Off. Phillip Schofield and Holly Willoughby preside as the two

couples who have gained the least support from viewers stake again to stay in the competition - with the judges deciding who has performed for the final time. (T)

10.15 Piers Morgan's Life Stories: Gordon Brown. (T)

11.15 ITV News and Weather; Weather. (T)

11.30 Premiership Rugby Union. Action from the latest fixtures, including Leeds Carnegie v Leicester Tigers, London Irish v Bath and London Wasps v Sale Sharks.

12.30 Champions League Weekly. (T) 1.00 FILM: All That Heaven Allows (1955). Romantic drama, starring Jane Wyman and Rock Hudson; (T) ITV News Headlines. 2.35 Dating the Enemy. (R) (T) 3.00 ITV Nightscreen.

(R) - repeat programme
(T) - programme w/teletext subtitles
(S) - programme broadcast in stereo
(bw) - black and white

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BBC2

6.00 CBeebies: Jakers! (R) (T) 6.20 Clifford. (R) (T) 6.35 Boot! (R) (T) 6.45 Louie. (R) (T) 6.00 CBBC: Arthur. (R) (T) 7.15 Dennis and Gnasher. (R) (T) 7.25 Dennis and Gnasher. (R) (T) 7.40 The Basil Brush Show. (R) (T) 8.05 Jinx. The adventures of the owner of a magical cookbook; (R) Leon. (R) (T) 8.30 Dani's House. (R) (T) 9.00 Tracy Beaker Returns. (R) (T) 9.30 Spirit Warriors. (R) (T) 10.00 Something for the Weekend. (T) 11.30 Gardeners' World. (T) 12.00 Winter Olympics. (T) 2.00 EastEnders. (T) 3.00 Escape to the Country. (R) (T) 3.30 FILM: Two Brothers (2004). Wildlife adventure, starring Guy Pearce. (T) 5.10 Natural World. (R) (T) 6.10 Lost Kingdoms of Africa. (T) 7.00 Porridge. Betting fever sweeps the prison. (R) (T) 7.30 Top Gear Winter Olympics Special. (R) (T) 8.30 Live Winter Olympics. Clare Balding and Graham Bell introduce coverage of the women's super combined alpine skiing and the third run in the men's luge singles from Canada. (T) 10.00 FILM: Apocalypse (2006). Premiere. A Mayan tribesman chosen as a human sacrifice escapes into the jungle in a bid to save his family. Historical adventure, starring Rudy Youngblood and Dalia Hernandez. 12.10 Live Winter Olympics. Featuring luge, speed skating, freestyle skiing and figure skating. (T) 4.00 The Super League Show. Including highlights of Wigan Warriors v Hull Kingston Rovers. (T) 4.30 Close.

C4

6.00 The Hoobs. (R) (T) 6.25 The Track and Field Show. (R) (T) 7.20 Powers of Three. (R) (T) 8.00 The Best of the NBA. (T) 8.45 Tay: The Hills. (R) (T) 9.15 Tay: Valentine's Day. 24 Movie Special. (T) 9.50 Tay: Holyoaks. (T) 12.20 Tay: Ultimate Traveller. (T) 1.25 Tay: Outside-In Festival. (T) 2.45 Tay: 90210. Silver and Kelly struggle to balance school with caring for their mother. (T) 3.40 Tay: The Simpsons. (R) (T) 4.15 Tay: The Simpsons. (R) (T) 4.45 Deal or No Deal. (T) 5.30 Glee. (T) 6.30 Channel 4 News. (T) 7.00 The Bible: A History. Historian and broadcaster Bettany Hughes explores female

figures in the Bible, including warriors, adulterous wives, mothers and "good" women - all daughters of Eve. (T) 8.00 FILM: X-Men (2000). Powerful mutants hated by the human race defend those who discriminate against them from a superhuman terrorist group. Comic-book adventure, with Hugh Jackman and Patrick Stewart. (T) 10.00 Darren Brown: Evening of Wonders. Televised version of the illusionist's stage show. (R) (T) 11.35 FILM: The Talented Mr Ripley (1999). Anthony Minghella's crime thriller, starring Matt Damon. (T) 2.05 My Boyfriend. The Miss Hoaxer. (R) 2.30 The Bypass. (R) (T) 2.45 Afterworld. (R) (T) 3.10 StElsewhere. (R) (T) 4.00 Hill Street Blues. (R) (T) 4.50 Countdown. (R) (T) 5.35 The Treacle People. (R) (T) 5.45 Yo Gabba Gabba. (R) (T)

FIVE

6.00 Sunrise. (T) 7.00 Milkshake! Elmo's World. (R) (T) 7.15 Fireman Sam. (R) (T) 7.25 Chiro. (R) (T) 7.35 Make Way for Noddy. (R) (T) 7.45 The WoTots. (R) (T) 8.00 Hana's Helpline. (R) (T) 8.15 Mist: Sheepdog Tales. (R) (T) 8.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 9.00 Olivia. (R) (T) 9.15 The Mr Men Show. (R) (T) 9.30 Gerald McBoing Boing. (R) (T) 10.00 Shake! Hannah Montana. (R) (T) 10.35 Wizards of Waverly Place. (T) 11.10 Top Trumps: Warships. (R) (T) 11.40 Live Rock Truckers. (R) (T) 12.40 FILM: Lost and Found (1979). Romantic comedy, starring Glenda Jackson and George Segal. (T) 2.40 FILM: The Prince of Tides (1991). Romantic drama, starring Barbra Streisand and Nick Nolte. (T) 5.00 Five News. (T) 5.05 Mickey and the Seal. (R) (T) 5.15 FILM: Mulan (1998). Disney animated adventure, with the voice of Eddie Murphy. (T) 6.55 FILM: 50 First Dates (2004). A vet falls in love with a woman who suffers from memory loss, and can never remember who he is after each encounter. Romantic comedy, starring Drew Barrymore and Adam Sandler. (T) 8.45 FILM: Cuck (2006). Premiere. A man gets his hands on a remote control that allows him to fast-forward through the all dull parts of his life. Comedy,

starring Adam Sandler and Christopher Walken. (T) 10.50 FILM: Reign Over Me (2007). Premiere. Drama, starring Adam Sandler and Don Cheadle. (T) 1.10 SuperCasino. 4.05 House Doctor. (R) (T) 4.30 House Doctor. (R) (T) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

Best of the Rest

BBC3

7.00 Doctor Who 7.50 Doctor Who Confidential 8.00 Last Man Standing 9.00 Being Human 10.00 Heroes 10.45 Family Guy 11.10 American Dad! 11.30 American Dad! 11.50 Being Human 12.50 Vampires: Why They Bite 1.50 Harper's Island 2.30 Coming of Age 3.00 Last Woman Standing 3.55 Vampires: Why They Bite 4.55 Coming of Age 5.25 Close BBC4

7.00 Getting Our Way 8.00 The Great Offices of State 9.00 Indian Hill Railways 10.00 Latin Music USA 11.00 Mad Men 11.50 Storyville: Kim Jong-Il's Comedy Club 12.50 Indian Hill Railways 1.50 The Great Offices of State 2.50 Mad Men 3.35 Getting Our Way 4.40 Close

1.40 Take Me Out 2.40 All Star Mr & Mrs 3.40 Harry Hill's TV Burp 4.10 The Planer's Funniest Animals 4.40 Creature Comforts 4.50 Animals Do the Funniest Things 5.50 Dancing on Ice: The Skate Off 6.20 Dancing on Ice Friday 6.50 FILM: Scooby-Doo PG (2002) 8.35 Creature Comforts 8.45 The Vampire Diaries 9.45 What Katie Did Next 10.45 Secret Diary of a Call Girl 11.15 Dancing on Ice 1.10 Dancing on Ice: The Skate Off 1.40 Teleshopping 3.40 The Montel Williams Show 4.20 Teleshopping 5.20 ITV2 Nightscreen

Sky1
1.00 Futurama 1.30 Futurama 2.00 The Real A&E 3.00 Fat Families 4.00 Got to Dance 5.00 The Simpsons 5.30 The Simpsons 6.00 Got to Dance 7.30 Pineapple Dance Studios 8.00 Football's Next Star 9.00 24 10.00 House 11.00 Modern Family 11.30 Pineapple Dance Studios 12.00 Football's Next Star 1.00

Guinness World Records Smashed! 1.50 Road Wars 2.40 Road Wars 3.30 Road Wars 3.55 Drugs Wars: DEA 4.45 Hello Goodbye 5.10 Are You Smarter Than a 10 Year Old?

GOLD

1.00 As Time Goes By 1.40 Whatever Happened to the Likely Lads? 2.20 Only Fools and Horses 3.30 The Vicar of Dibley 4.10 As Time Goes By 4.50 My Family 5.30 Film: Hitch 12 (2005) 7.55 Only Fools and Horses 9.00 The Vicar of Dibley 9.40 The Royle Family 10.20 Absolutely Fabulous 11.20 Gimme Gimme Gimme 12.00 The Royle Family 12.40 Stepout and Son 1.20 Absolutely Fabulous 2.15 Gimme Gimme Gimme 2.45 Starstruck Classics 3.00 Close

MOVIES

Sky Movies Drama

6.45 Tumbleweeds 12 (1999) 8.30 Oscar Nominations Special 9.00 Angel and the Badman PG (2009) 10.45 The Jane Austen Book Club 12 (2007) 12.35 Snow Falling on Cedars 15 (1999) With Ethan Hawke. 2.45 Oscar Nominations Special 3.15 Man of the Year 12 (2008) With Robin Williams. 5.15 Out of Africa PG (1985) With Meryl Streep. 8.00 Pretty Woman 15 (1990) With Julia Roberts. 10.00 Gone Baby Gone 15 (2007) With Casey Affleck. 12.00 American Beauty 18 (1999) With Kevin Spacey. 2.10 Cradle Will Rock 15 (1999) With Hank Azaria. 4.30 The Patron Saint of Liars PG (1997)

Sky Movies Comedy

7.05 Oscar Nominations Special 7.35 Big Stan 15 (2007) 9.35 Alvin and the Chipmunks U (2007) 11.15 Shrek U (2001) With Mike Myers. 12.55 The House Bunny 12 (2008) With Anna Faris. 2.40 Fool's Gold 12 (2008) With Matthew McConaughey. 4.40 Alvin and the Chipmunks U (2007) With Jason Lee. 6.20 Shrek U (2001) With Mike Myers. 8.00 The House Bunny 12 (2008) With Anna Faris. 10.00 Bachelor Party 18 (1984) With Tom Hanks. 11.50 Big Stan 15 (2007) With Rob Schneider. 1.45 The Bucket List 12 (2008) With Jack Nicholson. 3.30 Bachelor Party 18 (1984) 5.20 Bill & Ted's Bogus Journey PG (1991)

Sky Movies Action/Thriller

6.50 Dragon: The Bruce Lee Story 15 (1993) 8.55 Bloodsport 18 (1988) 10.35 88 Minutes 18 (2007) 12.30 RocknRolla 15 (2008) With Gerard Butler. 2.30 Dragon: The Bruce Lee Story 15 (1993) With Jason Scott Lee. 4.35 Bloodsport 18 (1988) With Jean-Claude Van Damme. 6.10 88 Minutes 18 (2007) With Al Pacino. 8.00 RocknRolla 15 (2008) With Gerard Butler. 10.00 War 18 (2007) With Jet Li. 11.50 Lethal Weapon 2 18 (1989) With Mel Gibson. 2.00 8 Million Ways to Die 18 (1986) With Jeff Bridges. 4.10 Mighty Morphin Power Rangers: The Movie PG (1995)

SPORT

Sky Sports 1

6.00 Super League 7.30 Spanish Football 9.00 Champions League Weekly 9.30 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Scottish Premier League Football. Rangers v Hibernian (Kick-off 1.30pm). 4.00 Live Premiership Rugby Union 6.55 Live Spanish Football. Sevilla v Osasuna. 8.00 Live Spanish Football. Atletico Madrid v Barcelona (Kick-off 8.00pm). 10.00 Scottish Premier

League Football 10.30 Premiership Rugby Union 11.30 Champions League Weekly 12.00 Spanish Football 2.00 Premiership Rugby Union 3.00 Scottish Premier League Football 3.30 World Sport 3.55 Live Test Cricket. India v South Africa.

Sky Sports 2

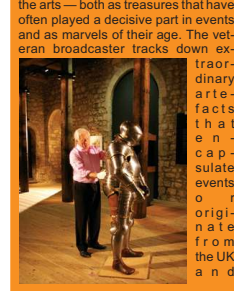
6.00 Live International Cricket. Australia v West Indies. 11.30 World Sport 12.00 Max Power 1.00 Live Tennis. The World Tennis Tournament final. 3.00 World Sport 3.30 IEX Magazine 4.00 Test Cricket 5.00 International Cricket 6.00 Live PGA Tour Golf. The AT&T Pebble Beach National Pro-Am. 11.00 European Tour Golf 12.30 World Sport 1.00 PGA Tour Golf

Sky Sports 3

6.00 Wild Sports 6.30 Live European Tour Golf. The Avanti Masters. 10.30 Super League 12.00 Wild Sports 12.30 IEX Magazine 1.00 European Tour Golf 5.00 World Sport 5.30 IEX Magazine 6.00 Live NASCAR. The Daytona 500. 10.00 This Week In WWE 10.30 WWE: Late Night - Afterburn 11.30 WWE Vintage Collection 12.30 Test Cricket 1.30 International Cricket 2.30 Close

Sunday's Pick

Seven Ages of Britain, BBC1, 9pm
A history of Britain's greatest art and artefacts over 2,000 years are charted in this ongoing series hosted by David Dimbleby. For newcomers, it examines our extraordinary past through the arts — both as treasures that have often played a decisive part in events and as marvels of their age. The veteran broadcaster tracks down ex-



traordinary artefacts that encapsulate events or originate from the UK and the Museum of London.

BBC1

6.00 Breakfast. (T) 9.15 Animal 24/7. (T) 10.00 Homes Under the Hammer; (R) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Cash in the Attic; (R) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Timmy Time. (R) (T) 3.15 Pinky Dinky Do. (T) 3.25 CBBC: 3.25 Dennis and Gnasher. (R) (T) Leon. (T) 3.40 Bear Behaving Badly. (R) (T) 4.05 Sorry, I've Got No Head. (R) (T) 4.35 M1 High. (R) (T) 5.00 Newsround. (T) 5.15 Weakest Link. General knowledge quiz, with Anne Robinson, in which members of the public answer questions in the hope of winning a cash prize. (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The One Show. Adrian Chiles and Christine Bleakley present reports on issues affecting people around the UK. (T) 7.30 Inside Out. Stories of interest to the region. (T) BBC News; Regional News. (T) 8.00 EastEnders. Bradley is terrified when the police launch a local DNA screening, while Bianca continues her wedding preparations as two surprise guests from the Jackson family arrive early. Ricky questions whether he is good enough for his fiancée during his stag party and Shirley is furious with Phil when she finds Sonia naked in his bed. (T) 8.30 Panorama. In-depth current affairs reports covering the stories behind the headlines. (T) 9.00 Cars, Cops and Criminals. Police officers from several forces come together on the M6 to crack down on motorists driving without licences or insurance, using the latest computer equipment to identify criminals. Among those stopped is a Chinese man with no UK driving licence, an innocent motorist whose number plate was used in an armed robbery, and an array of illegal immigrants and drug dealers. (T) 10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 Sue Johnston's Shangri La. The actress travels through southwestern China to the Tibetan mountain plateau, a journey that she has dreamed of since the age of 16 when she watched the movie Lost Horizon, which was based on the book by James Hilton she has since read many times. As

she moves through the deep valleys, hidden gorges and bustling towns that line her route to the sacred mountain of Kawakapo, she reflects on her life since she first learned of Shangri-La. (T) 11.30 Late Kick Off. A round-up of the weekend's Football League action, featuring all the goals and reaction to matches involving local clubs, along with behind-the-scenes reports and archive footage. (T) 12.00 FILM: American Cousins (2003). Comedy drama, starring Gerald Lepkowski. (T) Weatherview. (T) 1.35 Sign Zone: Della Through the Decades. (R) (T) 2.05 Sign Zone: The Hair Bikers: Mums Know Best. (R) (T) 3.05 Sign Zone: Survivors. (R) (T) 4.05 BBC News. (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (R) (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 House Gift. (R) (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T) 5.00 The Alan Titchmarsh Show. (T) 6.00 London Tonight; Weather. (T) 6.30 ITV News and Weather. (T) 7.00 Emmerdale. Paddy tells John that the lamb was killed by a toxic chemical used on farms, forcing Adam to admit he was the one who poisoned the stream, and Zak is furious when Shadrach returns. (T) 7.30 Coronation Street. Gal and David arouse Audrey's suspicion, but Nick is more interested in Underworld than his grandmother's concerns. Eileen is thrilled by news of Jason and Tina's engagement. (T) 8.00 The Lakes. Titch fog descends on the Lake District and threatens to ruin the Great North Swim event, and a couple get married at the scene of their first romantic weekend away - 18 years on. (T) 8.30 Coronation Street. Nick and Audrey investigate Gal, who rejects David's pleas to do the right thing. Dev gets carried away with his pretend marriage. (T) 9.00 Law & Order: UK. Brooks agrees to help old friend and partner Jimmy Valentine with an undercover drug sting, but when the bust goes wrong and a dealer ends up dead, suspicion falls on the officers. As Devin pushes for the truth, the spotlight turns on Brooks' dark past, and a 10-year-old case involving no witnesses and a large quantity of missing heroin. Guest

starring Hustle's Robert Glenister, former Rising Damp star Don Warrington and Anna Chancellor (Four Weddings and a Funeral), alongside Bradley Walsh, Jamie Bamber and Freema Agyeman. Last in the series. (T) 10.00 ITV News at Ten and Weather. (T) 10.30 London News and Weather. (T) 10.35 Brits Hits 30. Mel B presents 15 memorable moments from past Brits shows to celebrate 30 years of the awards ceremony, featuring interviews with Robbie Williams, Kylie Minogue and Take That. (R) (T) 11.35 FILM: Crossroads (2002). Coming-of-age comedy adventure, starring Britney Spears; (T) ITV News Headlines.

1.15 Loose Women. (R) (T) 2.05 The Jeremy Kyle Show. (R) (T) 3.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Jakers! (R) (T) 6.20 Clifford. (R) (T) 6.35 Boot! (R) (T) 6.45 Louie. (R) (T) 6.55 Pingu. (R) (T) 7.00 Green Balloon Goes on Holiday. (R) (T) 7.25 Fintley the Fire Engine. (R) (T) 7.40 Kenziwiz. (R) (T) 8.00 CBBC: Arthur. (R) (T) 8.30 Dennis and Gnasher. (R) (T) 8.40 What's New Scooby-Doo? (R) (T) 9.00 Copycats. (R) (T) 9.30 League of Super Evil; (R) (T) Angus & Cheryl. (T) 9.45 Frank Patrol. (R) (T) 10.15 Doctor Who: Dreamland. (R) (T) 11.00 Animal Park: Wild on the West Coast. (R) (T) 12.00 Castle in the Country. (R) (T) 12.30 Working Lunch. (T) 1.00 Car Booty. (R) (T) 1.45 Winter Olympics. (T) 3.45 Flog It! (T) 4.30 Cash in the Celebrity Attic. (T) 5.15 Instant Restaurant. (T) 6.00 Eggheads. (T) 6.30 Priceless Antiques Roadshow. (T) 7.00 Seven Ages of Britain. Charting England's rise to international dominance under the Tudors. (R) (T) 8.00 University Challenge. Imperial College London versus Emmanuel College, Cambridge. (T) 8.30 Raymond Blanc: Kitchen Secrets. New series. The chef provides recipes for cooks of all abilities. (T) 9.00 Generation Jihad. How a Bradford-based jihadist radicalised two young Muslims. (T) 10.00 Nurse Jackie. Eddie discovers the truth about Jackie's famed (T) 10.30 Newsnight: Weather. (T) 11.20 Live Winter Olympics. Including live luge and figure skating coverage. (T) 5.00 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.55 Everybody Loves Raymond. (R) (T) 8.20 Frasier. (R) (T) 8.50 Will & Grace. (R) (T) 9.20 Wogan's Perfect Recall. (R) (T) 9.50 Deal or No Deal. (R) (T) 10.40

According to Jim. (T) 11.05 Without a Trace. (R) (T) 12.00 Channel 4 News Summary. (T) 12.05 What's in a Word? (R) (T) 12.20 Cooking It. (R) (T) 12.50 FILM: Bad Day at Black Rock (1955). Suspense drama, starring Spencer Tracy. (T) 2.25 Glamour Puds. (R) (T) 2.55 The TV Book Club. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 4.55 Coach Trip. (T) 5.30 Celebrity Come Dine with Me Extra Portions. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 The Political Sit. (T) 8.00 Dispatches: Kids Don't Count. Part one of two. Problems with basic maths skills among British children. (T) 9.00 Tower Block of Commons. Nadine Dorries tries to create harmony on the worst London estate and Austin Mitchell helps find funding for a youth project in Hull as the politicians assist people in need. (T) 10.55 The Goodies. Aliza finds evidence of possible jury tampering. (T) 10.55 FILM: Elektra (2005). Comic-book adventure, starring Jennifer Garner. (T) 12.45 FILM: Clay Pigeons (1998). Comedy thriller, starring Joaquin Phoenix. (T) 2.40 Volvo Ocean Race. (R) (T) 5.25 St Elsewhere. Part two of two. A nostalgic look at the early days at St Eligius. (R) (T)

FIVE

6.00 Milkshake! Pocoyo. (R) (T) 6.05 Freeman Sam. (R) (T) 6.20 The Beeps. (R) (T) 6.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.45 Family! (R) (T) 6.50 Milkshake! Monkey. (R) (T) 6.55 Funky Valley. (R) (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (T) 7.20 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowerrots. (R) (T) 8.10 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) 8.35 Igm Ogam. (R) 8.50 Funky Valley. (R) (T) 8.55 Rupert Bear. (R) (T) 9.05 Mio Mao. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 How Not to Decorate. (R) (T) 12.35 Five News. (T) 12.45 RSPCA: Have You Got What It Takes? (R) (T) 1.15 Wild Animal ER. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.05 FILM: Earthstorm (2006). Premiere. Sci-fi adventure, starring Stephen Baldwin. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 How Do They Do It? How wheels are harvested. (R) (T) 7.30 Five News Update. (T) 8.00 The Gadget Show. Consumer gear versus professional in a music video shoot; (T) 8.00 Five News at 9.00 Paul Merton in Europe. The comedian travels to Spain. Last in the series. (T) 10.00 FILM: Se7en (1995). Two detectives hunt a serial killer

committing a series of sadistic murders as punishment for the seven deadly sins. David Fincher's thriller, starring Brad Pitt and Morgan Freeman. (T) 12.30 Urban Legends. (T) 1.00 SuperCasino. (T) 4.00 Wildlife SOS. (R) (T) 4.25 Wildlife SOS. (R) (T) 4.50 Animal Rescue Squad. (R) (T) 5.05 The Family Recipe. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

Best of the Rest

BBC3

7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 The Real Hustle Undercover 8.30 Snog, Marry, Avoid? 9.00 Gavin & Stacey 9.30 Live Winter Olympics 11.00 EastEnders 11.30 Family Guy 11.50 Family Guy 12.15 Being Human 1.15 Gavin & Stacey 1.45 Snog, Marry, Avoid? 2.15 The Real Hustle Undercover 2.45 Dancing on Wheels 3.45 Being Human 4.45 Coming of Age 5.15 Close BBC4

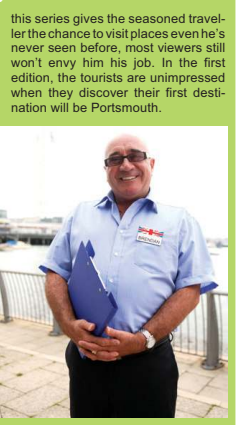
7.00 World News Today 7.00 Weather 7.30 Syrian School 8.30 Only Connect 9.00 Getting Our Way 10.00 Storyville: The Most Dangerous Man in America 11.30 Storyville: How Vietnam was Lost 12.50 Only Connect 1.20 Getting Our Way 2.20 Storyville: The Most Dangerous Man in America 3.50 Syrian School 4.50 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Loose Women 4.40 Judge Judy 6.00

Monday's Pick

Coach Trip, CH4, 4.55pm
In theory, holidays are supposed to be a relaxing break from it all, but in practice spending 24 hours a day with your nearest and dearest can result in frayed tempers, poolside rows and nobody speaking on the plane home. So, imagine just how many sparks fly when you take a group of strangers, coop them up on a coach together, and take them on a trip across three continents — especially when the passengers have the power to vote their fellows travellers off the bus. Over the past few years, the unique blend of squabbling, backstabbing and travelogues — imagine Big Brother meets Wish You Were Here? — have made Coach Trip a cult favourite, and this new series looks set to be more compelling than ever. For a start, it's even longer, taking in 50 cities and three continents, meaning there's even less chance of the holidaymakers keeping a lid on their rising irritation. Luckily, unflappable tour guide Brendan Sheerin is on hand to try to keep everyone in order, but even though



MOVIES

Sky Movies Drama

6.10 Mo' Better Blues 15 (1990) 8.25 December Boys 12 (2007) 10.15 We Own the Night 15 (2007) 12.15 Charlie Wilson's War 15 (2007) With Tom Hanks. 2.00 The War PG (1994) With Kevin Costner. 4.10 In the Land of Women 12 (2007) With Adam Brody. 6.00 Roman Holiday U (1953) With Audrey Hepburn. 8.00 An Officer and a Gentleman 15 (1982) With Richard Gere. 10.10 The American President 15 (1995) With Michael Douglas. 12.10 A Mighty Heart 15 (2007) With Angelina Jolie. 2.00 Invictus Special 2.15 Street Kings 15 (2008) With Keanu Reeves. 4.10 Pride and Prejudice PG (2003)

Sky Movies Comedy

7.00 Housesitter PG (1991) 8.45 Oscar Nominations Special 9.15 Airheads 15 (1994) 10.50 Get Smart 12 (2008) 12.45 Tropic Thunder 15 (2008) With Ben Stiller. 2.40 Life 15 (1999) With Eddie Murphy. 4.35 Oscar Winners Season Special 4.50 The Gambler, the Girl and the Gunslinger PG (2009) With Dean Cain. 6.25 Airheads 15 (1994) With Steve Buscemi. 8.00 Get Smart 12 (2008) With Steve Carell. 10.00 Tropic Thunder 15 (2008) With Ben Stiller. 11.50 The Accidental Husband 12 (2008) With Uma Thurman. 1.25 Life 15 (1999) With Eddie Murphy. 3.15 The Gambler, the Girl and the Gunslinger PG (2009) 4.45 Housesitter PG (1991)

Sky Movies Action/Thriller

6.00 Rumble in the Bronx 15 (1995) 7.35

Buried Alive 18 (1990) 9.15 Pale Rider 15 (1985) 11.15 Oscar Nominations Special 11.45 Death Race 15 (2008) With Jason Statham. 1.45 Quantum of Solace 12 (2008) With Daniel Craig. 3.35 Rumble in the Bronx 15 (1995) With Jackie Chan. 5.15 Cleaner 15 (2007) With Samuel L. Jackson. 7.00 Death Race 15 (2008) With Jason Statham. 9.00 Quantum of Solace 12 (2008) With Daniel Craig. 10.50 The Condemned 18 (2007) With Steve Austin. 12.45 Cleaner 15 (2007) With Samuel L. Jackson. 2.20 The Game 15 (1997) With Michael Douglas. 4.30 Airport 77 PG (1977)



SPORT

Sky Sports 1

6.00 Live Test Cricket. India v South Africa. 11.00 Scottish Premier League Football 11.30 Premiership Rugby Union 12.30 Super League 2.00 Champions League Weekly 2.30 Scottish Premier League Football 3.00 Spanish Football 5.00 Champions League Weekly 5.30 Soccer AM: The Best Bits 6.30 SPL Round-Up 7.00 Netbusters 7.30 Live Football League. Bristol Rovers v Charlton Athletic (Kick-off 7.45pm). 10.00 Time of Our Lives 11.00 Netbusters 11.30 SPL Round-Up 12.00 Football League 1.30 Netbusters 2.00 SPL Round-Up 2.30 Sports Unlimited 3.25 Netbusters 3.55 Live Test Cricket. India v South Africa.

Sky Sports 2

6.00 Good Morning Sports Fans 9.00 Spanish Football 11.00 Tennis 1.00 Friday Night Fight 3.00 Big Fight Special 6.00 Test Cricket 7.00 European Tour Golf 8.00 PGA Tour Golf 9.00 Wonderful World of Golf 10.30 PGA Tour Classic 11.30 Boots 'n' All 12.30 European Tour Golf 1.30 PGA Tour Golf 2.30 Wonderful World of Golf 4.00 PGA Tour Classic 5.00 Boots 'n' All

Sky Sports 3

7.00 WWE: Bottom Line 8.00 PGA Tour Golf 1.00 European Tour Golf 2.30 The Super 14 Show 4.30 This Week In WWE 5.00 WWE: Raw 7.00 IRB Rugby World 7.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling

1.00 WWE Vintage Collection 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close Fishing 9.00 Test Cricket 10.00 Poker 12.00 NASCAR 1.00 IRB Rugby World 2.00 Close



BBC1

6.00 Breakfast. (T) 9.15 Animal 24:7. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Timmy Time. (R) (T) 3.15 Pinky Dinky Doo. (T) 3.25 CBBC: Dennis and Gnasher. (R) (T) 3.40 Bear Behaving Badly. (R) (T) 4.05 Deadly 60; (R) (T) Street Monsters. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Back-stabbing general knowledge quiz. (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T)

7.00 The One Show. Adrian Chiles and Christine Bleakley present the live topical show, including regular features by historian Dan Snow and consumer expert Dominic Littlewood. (T)

7.30 EastEnders. Max prepares to take the fall for Bradley as the police arrive on the Square, Carol starts to regret her decision to return and Phil tries to smooth things over with Shirley; (T) BBC News; Regional News. (T)

8.00 Holly City. Elliot struggles to save Charlie Fairhead's life after the emergency nurse's heart attack, and Nick Jordan's constant interference pushes him close to breaking point. Ric's marriage to Thandie attracts the suspicions of the Home Office, but his efforts to embarrass her only demonstrate their closeness, while Penny decides she has no future at Holly and prepares to resign. Featuring Casualty stars Derek Thompson and Michael Fennell. (T)

9.00 Survivors. Reunited and back on the road, the Family encounters a small but thriving community of survivors, but the idyll is broken when one member of the group befriends an elderly couple who have contracted a mutant strain of the virus. Meanwhile, Greg heads out with Abby to follow up his suspicions about the mysterious postcard. Paterson Joseph and Julie Graham star. (T)

10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 Having a Baby to Save My Child. Documentary following two families as they struggle with the ethical and financial problems of conceiving babies who will become life-saving donors for their older siblings. Part of the Being Mum season. (T)

11.15 Film 2010 with Jonathan Ross. The presenter reviews Peter Jackson's The Lovely Bones and Scott Cooper's Crazy Heart, and provides a preview of next Sunday's Baffas. (T)

11.45 The Apprentice USA. The remaining candidates create a store display for a new games console at a popular supermarket chain. The winners participate in a voiceover session for an animated movie. (T) 12.30 The Apprentice USA; (T) Weatherwise. (T) 1.15 Sign Zone: See Hear. (R) (T) 1.45 Sign Zone: My Child Won't Speak. (R) (T) 2.35 Sign Zone: I

Hate Mum. (R) (T) 3.25 Sign Zone: Simon Schama on Obama's America. (R) (T) 4.25 BBC News. (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (R) (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 Loose News and Weather. (T) 2.00 House Gift. (R) (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 Loose Women. (T) 4.00 Midsummer Murders. (R) (T)

5.00 The Alan Titchmarsh Show. (T) 6.00 London Tonight; Weather. (T) 6.30 ITV News and Weather. (T) 7.00 Emmerdale. John surveys the land where the chemicals were spilled, and Adam is horrified that his actions have caused such devastation. Elsewhere, Nathan makes it clear to Maisie that she needs to get over Ryan, a reluctant Zak accepts when Shadrach offers to help rebuild Wishing Well, and Ashley is delighted when Laurel invites him to spend some time with her and the children. (T)

7.30 The Krypton Factor. Ben Shephard presents the final heat of the game show testing physical stamina and mental agility. Four more contestants bidding to reach the semi-finals are put through their paces in tasks involving memory, logic and general knowledge, as well as facing the dreaded army assault course. (T)

8.00 The Brit Awards 2010. Peter Kay hosts the 30th star-studded ceremony from London's Earls Court, featuring performances by Lady GaGa, Lily Allen, JLS, Jay-Z, Dizzee Rascal, Florence Welch, Kasabian, Cheryl Cole and Outstanding Contribution to Music winner Robbie Williams. Among the nominees are 19-year-old Pixie Lott, who is in the running for best British Female Solo Artist, British Breakthrough Act and British Single, while Calvin Harris, Dizzee Rascal, Mika, Paolo Nutini and Robbie Williams are shortlisted for best British Male Solo Artist. Radio 2 and 6 Music listeners also had the chance to vote for the best British album of the past 30 years, with releases by Duffy, Dire Straits, Oasis and Travis among those nominated. (T)

10.00 ITV News at Ten and Weather. (T) 10.35 FILM: 8 Mile (2002), Drama, starring Eminem. (T) 12.40 Premiership Rugby Union; (R) ITV News Headlines. 1.30 Loose Women. (R) (T) 2.20 The Jeremy Kyle Show. (R) (T) 3.15 ITV Nightscreen.

BBC2

6.00 CBeebies: Jakks! (R) (T) 6.20 Clifford. (R) (T) 6.35 Boal (R) (T) 6.45 Louie. (R) (T) 6.55 Ping. (R) (T) 7.00 Green Balloon Goes on Holiday. (R) (T) 7.25 Finley the Fire Engine. (R) (T) 7.40 Ken Wizz. (R) (T) 8.00 CBBC: Arthur. (R) (T) 8.30 Dennis and Gnasher. (R) (T) 8.40 What's New Scooby-Do? (R) (T) 9.00 Copycats. (R) (T) 9.30 League of Super Evil. (R) (T) Angus & Cheryl. (T) 9.45 Frank Patrol. (R) (T) 10.15 Shaun the Sheep. (R) (T) 10.20 Shaun the Sheep. (R) (T) 10.30 Basil's Game Show. (R) (T) 11.00 Animal Park: Wild on the

West Coast. (R) (T) 12.00 Castle in the Country. (R) (T) 12.30 Working Lunch. (T) 1.00 Car Booty. (R) (T) 1.45 Winter Olympics. (T) 3.45 Flog It! (T) 4.30 Cash in the Celebrity Attic. (T) 5.15 Instant Restaurant. (T) 6.00 Eggheads. (T) 6.30 Priceless Antiques Roadshow. (T) 7.00 Andrew Marr's History of Modern Britain. The journalist examines the post-Thatcher years, considering the nation's final shift from an imperial power to an island at the heart of a global economy. Last in the series. (R) (T) 8.00 Live Winter Olympics. Clare Balding and Kerrin Lee-Gartner present live coverage of the women's snowboardcross final and the men's super combined alpine skiing slalom. (T) 10.00 Muslim Driving School. An instructor from Blackburn gives her surrogate daughter lessons. Last in the series. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Live Winter Olympics. Including live coverage of the men's figure skating. (T) 5.00 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.50 Everybody Loves Raymond. (R) (T) 8.20 Frasier. (R) (T) 8.50 Will & Grace. (R) (T) 9.20 Coach Trip. (R) (T) 9.50 Deal or No Deal. (R) (T) 10.40 According to Jim. (T) 11.05 Without a Trace. (R) (T) 12.00 Channel 4 News Summary. (T) 12.05 The Home Show. (R) (T) 1.00 FILM: Blossoms in the Dust (1941). Fact-based drama, starring Greer Garson. (T) 2.55 Glamour Puds. (R) (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 4.55 Coach Trip. (R) 5.30 Celebrity Come Dine with Me Extra Portions. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 The Political Slot. By the Scottish National Party. (T) 8.00 Jo Frost: Extreme Parenting Guidance. The childcare expert puts 80 10-year-olds through a 1950s fitness test. (T) 9.00 One Born Every Minute. A father-to-be worries when midwives decide his girlfriend needs a Caesarean. (T) 10.00 Shameless. Mimi gets herself a toy boy when she starts dating the Jockey football team's striker Billy, but when he tries to blackmail her, she teaches him a lesson he will never forget. (T) 11.10 The Big Bang Theory. (T) 11.35 8 Out of 10 Cats. (R) (T) 12.25 Late Night Poker. (R) 1.30 World Sport. (R) (T) 2.00 The Best of the NBA. (R) (T) 2.40 Bullrun. (R) (T) 3.05 KOTV. (T) 3.30 Adventure Racing. (R) (T) 4.25 The Track and Field Show. (R) (T) 4.50 Grudge Match. (R) (T) 5.05 Beach Volleyball. (R) (T)

FIVE

6.00 Milkshake! Pocoyo. (R) (T) 6.05 Fireman Sam. (R) (T) 6.20 The Beeps. (R) (T) 6.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.45 Family! (R) (T) 6.50 Milkshake Monkey. (R) (T) 6.55 Funky Valley. (R) (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (T) 7.20 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowerbuds. (R) (T) 8.10 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (T) 8.35 Igam Ogam. (R) 8.50 Funky Valley. (R) (T) 8.55 Rupert Bear. (R) (T) 9.05 Mio Mao. (R) (T) 9.15 The Wright Stuff. (R) (T) 10.45 Trisha Goddard. (R) (T) 11.45 How Not to Decorate. (R) (T) 12.35 Five News. (T) 12.45

RSPCA: Have You Got What It Takes? (R) (T) 1.15 Wild Animal ER. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 The Family Recipe. (R) (T) 3.00 FILM: Rescuers: Stories of Courage - Two Couples (1998). Fact-based World War Two drama, starring Linda Hamilton and Dana Delany. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Chinese Food in Minutes. Two barmen learn how to prepare traditional Chinese dishes; (T) 7.30 Five News Update. (T) 8.00 Ice Road Truckers. Lisa Kelly's trip to Prudhoe Bay is put on hold by a storm; (T) 8.00 Five News at 9. (T) 9.00 CSI: Crime Scene Investigation. Three people claim responsibility for the murder of a rapist. (T) 10.00 CSI Trilogy. New series. The first edition of a three-part CSI crossover; (T) Five News Update. (T) 11.00 CSI: NY. (R) (T) 12.00 NCIS. (R) (T) 12.55 SuperCasino. 4.00 Wildlife SOS. (R) (T) 4.25 Wildlife SOS. (R) (T) 4.50 Animal Rescue Squad. (R) (T) 5.05 The Family Recipe. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

Best of the Rest

BBC3 7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 EastEnders: The Greatest Cliffhangers 9.00 Last Woman Standing 10.00 EastEnders 10.30 Coming of Age 11.00 Family Guy 11.25 Family Guy 11.50 Last Woman Standing 12.50 EastEnders: The Greatest Cliffhangers 1.50 Coming of Age 2.20 Vampires: Why They Bite 3.20 Dancing on Wheels 4.20 EastEnders: The Greatest Cliffhangers 5.20 Close

BBC4 7.00 World News Today 7.00 Weather 7.30 Hidden Histories 8.00 Oliver Postgate - A Life in Small Films 9.00 Skippy: Australia's First Superstar 10.00 We Need Answers 10.30 Newsnight with Charlie Brooker 11.00 Oliver Postgate - A Life in Small Films 12.00 Skippy: Australia's First Superstar 1.00 Newsnight with Charlie Brooker 1.30 Latin Music USA 2.30 The 6.30 Palladium Orchestra at the Barbican 3.30 Skippy: Australia's First Superstar 4.30 Close

ITV2 1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Loose Women 4.40 Judge Judy 5.30 American Idol 6.25 Take Me Out 7.30 The Brits Red Carpet 2010 8.00 What Katie Did Next 9.00 The Vampire Diaries 10.00 The Brits Encore 2010 11.00 The Vampire Diaries 12.00 What Katie Did Next 1.05 Emmerdale 1.35 Teleshopping 3.35 The Montel Williams Show 4.15 Teleshopping 5.15 ITV2 Nightscreen Sky1 1.00 Bones 2.00 Angela and Friends 3.30 The Real A&E 4.30 Lion Man 5.00 Malcolm in the Middle 5.30 Futurama 6.00 Are You Smarter Than Your 10 Year Old? 7.00 The Simpsons 7.30 The Simpsons 8.00 Stargate Universe 9.00 Caprica 10.00 Fringe 11.00 Lost 12.00 Road Wars 1.00 Caprica 1.50 Road Wars 2.40 Ross Kemp on Gangs 3.30 Don't Forget the Lyrics 4.20 Battlestar Galactica 5.10 Are You Smarter Than a 10 Year Old? GOLD

1.55 Whatever Happened to the Likely Lads? 2.35 Whatever Happened to the Likely Lads? 3.15 The Green Green Grass 3.55 The Green Green Grass 4.35 Only Fools and Horses 5.15 Only

Fools and Horses 5.55 Last of the Summer Wine 6.35 Last of the Summer Wine 7.15 Yes Minister 8.35 Porridge 9.15 Family Towers 10.00 The Royle Family 10.40 Blackadder the Third 11.20 The Smell of Reeves and Mortimer 12.00 Early Doors 12.40 The Royle Family 1.20 The Smell of Reeves and Mortimer 2.00 After You've Gone 2.30 Early Doors 3.00 Close

MOVIES

Sky Movies Drama

6.10 The Oxford Murders 15 (2008) 8.10 Guilty as Sin 15 (1993) 10.00 The Mexican 15 (2001) 12.15 The Darjeeling Limited 15 (2007) With Owen Wilson. 2.00 Phoebe in Wonderland PG (2008) With Elle Fanning. 3.45 Stop-Loss 15 (2008) With Ryan Phillippe. 5.45 The King and I U (1956) With Yul Brynner. 8.00 Ghost 15 (1990) With Demi Moore. 10.10 21 12 (2008) With Kevin Spacey. 12.20 Coyote Ugly 12 (2000) With Piper Perabo. 2.10 Get Real 15 (1999) With Ben Silverstone. 4.10 The Top Show 4.30 A Father's Son PG (1999)

Sky Movies Comedy

6.30 King Ralph PG (1991) 8.10 Slip Shot: The Junior League 12 (2008) 9.45 Brewster's Millions PG (1985) 11.30 Forgetting Sarah Marshall 15 (2008) With Jason Segel. 1.30 I Want Candy 15 (2007) With Carmen Electra. 3.05 The Hot Chick and the Notte 12 (2008) With Paris Hilton. 4.40 Slip Shot: The Junior League 12 (2008) With Greydon Holt. 6.15 Brewster's Millions PG (1985) With Richard Pryor. 8.00 Forgetting Sarah Marshall 15 (2008) With Jason Segel. 10.00 My Best Friend's Girl 15 (2008) With Dane Cook. 11.55 The Hot Chick and the Notte 12 (2008) With Paris Hilton. 1.30 Evil Dead II 18 (1987) With Bruce Campbell. 3.05 My Best Friend's Girl 15 (2008) 5.00 King Ralph PG (1991)

Sky Movies Action/Thriller

6.25 White Sands 15 (1992) 8.10 Deception 15 (2008) 10.00 Chaos 15 (2005) 11.50 Daylight 12 (1996) With Sylvester Stallone. 1.50 Johnny Handsome 15 (1989) With Mickey Rourke. 3.30 Transformers 12 (2007)

Tuesday's Pick

The Brit Awards 2010, ITV1 Tyne Tees, ITV1 Yorkshire, 8pm The Brit Awards is 30 years young this year and Peter Kay has been charged with the task of presiding over this year's awards ceremony to mark this impressive milestone. A lot has happened in the world of music in the past 12 months - Noel Gallagher left Oasis after another allegedly feud with brother Liam; Robbie Williams rejoined Take That onstage for Children in Need 14 years after quitting the group; and Michael Jackson died in mysterious circumstances at the relative young age of 50. While there will undoubtedly be a tribute to the legendary King of Pop at some point during the ceremony, the tragedy shouldn't take away from what has been another fantastic year for British music. Larger-than-life funnymen Kay and the capacity Earls Court audience celebrate the past 12 months in music as artists like Lady GaGa,



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BBC1

6.00 Breakfast. (T) 9.15 Animal 24:7. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Timmy Time. (R) (T) 3.15 Pinky Dinky Do. (T) 3.25 CBBC: 3.25 Dennis and Gnasher; (R) (T) Leon. (T) 3.40 Bear Behaving Badly. (R) (T) 4.05 Smart; (R) (T) Street Monsters. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The One Show. Topical magazine show, presented by Adrian Chiles and Christine Bleakley. (T) Nigel Slater's Simple Suppers. The food writer shows how leftovers can be used to create tasty meals, and visits allotment holders who challenge him to cook a dish using fresh ingredients from their plots; (R) (T) BBC News; Regional News. (T)

8.00 Holly City. Michael tries to persuade Connie to return to Holly, and though she insists she is happy at her London hospital, it's clear she is dissatisfied at no longer being top dog. The board's replacement for her fails to impress Elliot, and his inability to communicate with the newcomer puts a patient's life in jeopardy, while Oliver takes action when Scott invites Penny to move to Spain with him. (T)

9.00 New Tricks. A reluctant Brian enters an addiction centre run by monks to treat his alcoholism, but soon becomes bored and looks for a distraction. He finds one when a chance remark leads the team to reopen an investigation into the death of a heroin user nine years previously - and to help reveal the truth. Gerry is sent undercover as a sex addict. Richard Wilson and Fay Ripley guest star. (R) (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 The National Lottery Draws. Athlete Dean Macey is the guest as the results of the Thunderball, Dream Number and Lotto draws are revealed. Scott Mills presents. (T)

10.45 Material Girl. Chris makes a surprise visit to Ali in a bid to win her back, while Davina forces Marco to make a tough decision in exchange for investment. Last in the series; (T) National Lottery Update. (T)

11.45 FILM: The Color of Money (1986). Drama sequel, starring Paul Newman and Tom Cruise; (T) Weatherview. (T)

1.45 Sign Zone: Antiques Roadshow. (R) (T) 2.45 Sign Zone: Country Tracks. (R) (T) 3.40 BBC News. (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (R) (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 House Gift. (R) (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 The Alan Titchmarsh Show. (T) 6.00 London Tonight; Weather. (T) 6.30 ITV News and Weather. (T) 7.00 Emmerdale. Katie is devastated when Nathan tells her the truth about Ryan and Maisie. Zak sees a chance to raise some funds for the rebuild and confronts John about poisoning his dog, while Shadrach sources some floorboards, which Zak and Lisa later realise have been stolen from the village pavilion. Elsewhere, David agonises over what to do about the chemical spill. (T)

7.30 Live UEFA Champions League. FC Porto v Arsenal (Kick-off 7.45pm). Steve Rider presents all the action from the last-16 first-leg encounter at the Estadio do Dragao. (T)

10.00 ITV News at Ten and Weather. (T)

10.30 London News and Weather. (T) 10.35 Champions League Extra Time. Jim Rosenthal presents action from the last-16 first-leg encounters, featuring FC Porto v Arsenal at the Estadio do Dragao, Bayern Munich v Fiorentina at the Allianz Arena, AC Milan v Manchester United at the San Siro and Lyon v Real Madrid at the Stade Gerland. With commentary by Clive Tyldesley and Peter Drury. (T)

12.00 Nightwatch with Steve Scott: Emergency. (R) (T) 12.50 Nightwatch with Steve Scott: Mystery. (R) (T) ITV News Headlines. 1.45 Loose Women. (R) (T) 2.35 The Jeremy Kyle Show. (R) (T) 3.25 ITV Nightscreen.

BBC2

6.00 CBeebies: Jakks! (R) (T) 6.20 Cloudfire. (R) (T) 6.35 Boot! (R) (T) 6.45 Louie. (R) (T) 6.55 Pingui. (R) 7.00 Green Balloon Goes on Holiday. (R) (T) 7.25 Finley the Fire Engine. (R) (T) 7.40 Kerwhizz. (R) (T) 8.00 CBBC: Arthur. (R) (T) 8.15 Arthur. (R) (T) 8.30 Dennis and Gnasher. (R) (T) 8.40 What's New Scooby-Do? (R) (T) 9.00 Copcats. (R) (T) 9.30 League of Super Evil; (R) (T) Angus & Cheryl. (T) 9.45 Frank Patrol. (R) (T) 10.15 Shaun the Sheep. (R) (T) 10.30 Shaun the Sheep. (R) (T) 10.30 Basil's Game Show. (R) (T) 11.00 Animal Park: Wild on the West Coast. (R) (T) 12.00 Castle in the Country. (R) (T) 12.30 Nature's Calendar. (R) (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Winter Olympics. (T) 3.45 Flog It! (T) 4.30 Cash in the Celebrity Attic. (T) 5.15 Instant Restaurant. (R) 6.00 Eggheads. (T) 6.30 Live Winter Olympics. Clive Balding and Graham Bell introduce coverage of the women's downhill race from the slopes of Whistler Creekside in Canada, starting at 7.00. (T) 8.30 The Hairy Bakers. Dave Myers and Simon King search for quality baked foods. They start by exploring Britain's love of bread, and offer recipes including a homemade brown ale and cheese loaf. (R) (T) 9.00 Horizon: What Makes a Genius? Marcus du Sautoy examines the factors governing extreme intelligence, along the way meeting remarkable individuals, including an obsessive artist and a blind, autistic pianist. (T) 10.00 Never Mind the Buzzcocks. With Carol Vorderman, DJ Ronik, Jon McClure and Richard Herring. (R) (T) 10.30 Newsnight. (R) (T) 11.20 Live Winter Olympics. Including curling, speed skating and speed skating. (T) 5.00 Close.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.50 Everybody Loves Raymond. (R) (T) 8.20 Frasier. (R) (T) 8.45 Will & Grace. (R) (T) 9.15 Coach Trip. (R) (T) 9.45 Deal or No Deal. (R) (T) 10.35 According to Jim. (T) 11.05 Without a Trace. (R) (T) 12.00 Channel 4 News Summary. (T) 12.05 3 Minute Wonder: The Estate. (R) (T) 12.10 Cooking It. (R) (T) 12.35 FILM: Air Force (1943). Wartime drama, starring John Garfield. (T) (bw) 2.55 Glamour Puds. (R) (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 4.55 Coach Trip. (T) 5.30 Celebrity Come Dine With Me: Extra Portions. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 8.00 Relocation, Relocation. Kirstie Allsopp and Phil Spencer help a couple who are looking for a 10-bedroom house near Darlington in north east England, and also a ski chalet in France. (T) 9.00 Ramsay's Kitchen Nightmares USA. The chef visits a rural restaurant in New Jersey. (T) 10.00 Desperate Housewives. Katherine reveals to Bree the extent of her despair at losing Mike, and Lynette becomes frustrated by her family's refusal to help around the house as her pregnancy progresses. (T) 11.00 Shameless. (R) (T) 12.10 4Music: Mumford & Sons. (R) (T) 12.10 4Music: 360 Sessions. (T) 12.45 4Music: 4Music Intros: Taio Cruz. (R) (T) 12.55 4Music: 4Play: Friendly Fires. (R) (T) 1.15 4Music: This Week's 4Music Top 20. 3.05 Afterworld. (R) (T) 3.30 Tower Block of Commons. (R) (T) 4.30 St Elsewhere. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake! Pocoyo. (R) (T) 6.05 Fireman Sam. (R) (T) 6.20 The Beeps. (R) (T) 6.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.45 Family! (R) (T) 6.50 Milkshake Monkey. (R) (T) 6.55 Funky Valley. (R) (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (T) 7.20 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowerrots. (R) (T) 8.10 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (T) 8.35 Ippin Ogram. (T) 8.50 Funky Valley. (R) (T) 8.55 Rupert Bear. (R) (T) 9.05 Mio Mao. (R) (T) 9.15

The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 How Not to Decorate. (R) (T) 12.35 Five News. (T) 12.45 RSPCA: Have You Got What It Takes? (R) (T) 1.15 Wild Animal ER. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.00 The Family Recipe. (R) (T) 3.10 FILM: Murder Without Conviction (2004). Premiere. Mystery, starring Megan Ward. (T) 5.00 Five News with Natasha Kaplinsky. (R) (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Monkey Life. Orang-utan Aris's knee injury turns out to be worse than first thought, so he undergoes surgery. Chimp Patricia relaxes in the company of Hananya, the alpha male; (R) (T) 7.30 Five News Update. (T) 8.00 Natasha: The Girl in the Cellar. An interview with Austrian kidnapp victim Natasha Kampusch; (R) (T) 8.00 Five News at 9.00 NCIS. A serial killer posts film of his crimes online. (T) 10.00 Num3r3s. A woman is killed by a bolt of electricity. (T) 11.00 Law & Order: Criminal Intent. (R) (T) 11.55 Poker. (T) 12.55 SuperCasino. 4.00 Wildlife SOS. (R) (T) 4.25 Wildlife SOS. (R) (T) 4.50 Animal Rescue Squad. (R) (T) 5.05 The Family Recipe. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

Best of the Rest

BBC3

7.00 Doctor Who 7.45 Doctor Who Confidential. 8.00 EastEnders: The Greatest Cliffhangers 9.00 EastEnders: The Greatest Cliffhangers 10.00 EastEnders: The Greatest Cliffhangers 11.00 Family Guy 11.20 Family Guy 11.45 Coming of Age 12.15 Hotter Than My Daughter 12.45 Snog, Marry, Avoid? 1.15 EastEnders: The Greatest Cliffhangers 2.15 EastEnders: The Greatest Cliffhangers 3.15 EastEnders: The Greatest Cliffhangers 4.15 Snog, Marry, Avoid? 4.45 Coming of Age 5.15 Close

7.00 World News Today 7.00 Weather 7.30 It's Only a Theory 8.00 Around the World in 80 Faiths 9.00 Syrian School 10.00 Mad Men 10.45 We Need Answers 11.15 It's Only a Theory 11.45 Around the World in 80 Faiths 12.45 Syrian School 1.45 Latin Music USA 2.45 La Excelencia at the Barbican: Latin Music USA 3.45 We Need Answers 4.15 Close

ITV2

1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Loose Women 4.40 Ricki Lake 5.30 Judge Judy 7.00 Popstar to Operastar 8.00 American Idol 10.00 Film: Passenger 57 15 (1992) 11.45 Film: The Sixth Sense 15 (1999) 1.56 Emmerdale 2.15 Teleshopping 4.15 Surface 5.00 Teleshopping Sky1 1.00 Bones 2.00 Angela and Friends 3.30 The Real A&E 4.30 Lion Man 5.00 Malcolm in the Middle 5.30 Futurama 6.00 Are You Smarter Than Your 10 Year Old? 7.00 The Simpsons 7.30 The Simpsons 8.00 Got to Dance 9.30 Pineapple Garden Studios 10.00 Film: Die Hard 2 18 (1990) 12.20 Road Wars 1.20 Road Wars 2.15 Ross Kemp on Gangs 3.15 Bite Size Brainiac 3.30 Don't Forget the Lyrics 4.20 Battlestar Galactica 5.10 Are You Smarter Than a 10 Year Old?

sees four more contestants competing in rounds testing memory, logic, general knowledge and physical fitness to secure a place in the semi-finals. Ben Shepherd hosts. (R) (T)

12.05 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 1.00 Loose Women. (R) (T) 1.50 The Jeremy Kyle Show. (R) (T) 2.35 CCTV - Cashing in on Cameras: Tonight. (R) (T) 3.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Jakks! (R) (T) 6.20 Cloudfire. (R) (T) 6.35 Boot! (R) (T) 6.45 Louie. (R) (T) 6.55 Pingui. (R) 7.00 Green Balloon Goes on Holiday. (R) (T) 7.25 Finley the Fire Engine. (R) (T) 7.40 Kerwhizz. (R) (T) 8.00 CBBC: Arthur. (R) (T) 8.15 Arthur. (R) (T) 8.30 Dennis and Gnasher. (R) (T) 8.40 What's New Scooby-Do? (R) (T) 9.00 Copcats. (R) (T) 9.30 League of Super Evil; (R) (T) Angus & Cheryl. (T) 9.45 Frank Patrol. (R) (T) 10.15 Shaun the Sheep. (R) (T) 10.20 Shaun the Sheep. (R) (T) 10.30 Basil's Game Show. (R) (T) 11.00 Animal Park: Wild on the West Coast. (R) (T) 12.00 Castle in the Country. (R) (T) 12.30 Working Lunch. (T) 1.00 Car Booty. (R) (T) 1.45 Winter Olympics. (T) 3.45 Flog It! (T) 4.30 Cash in the Celebrity Attic. (T) 5.15 Instant Restaurant. (T) 6.00 Eggheads. (T) 6.30 Priceless Antiques Roadshow. (T) 7.00 The Culture Show. Interviews with Peter Carey and Jean-Pierre Jeunet. (R) 8.00 Simon King's Shetland Diaries. The presenter observes a pod of killer whales. Last in the series. (T) 9.00 Mock the Week. With Kevin Bridges, Ed Byrne and Chris Addison. (T) 9.30 Rab C Nesbitt. A cleaning magate clashes with Rab at a Burns supper. (T) 10.00 Bellamy's People. The presenter discusses the rising levels of crime in modern society, hearing opin-

GOLD

1.20 After You've Gone 2.00 My Family 2.40 My Family 3.20 As Time Goes By 4.00 As Time Goes By 4.40 Porridge 5.20 Blackadder the Third 6.00 Last of the Summer Wine 6.40 Last of the Summer Wine 7.20 dinnerladies 8.00 dinnerladies 8.40 The Vicar of Dibley 9.20 The Vicar of Dibley 10.00 The Royle Family 10.40 Absolutely Fabulous 11.20 Snack the Pony 11.50 Snack the Pony 12.20 dinnerladies 1.00 The Royle Family 1.40 Absolutely Fabulous 2.15 Snack the Pony 2.35 Snack the Pony 3.00 Close

MOVIES

Sky Movies Drama

6.10 Pictures of Hollis Woods PG (2007) 7.50 The Astronaut Farmer PG (2006) 9.40 Marco Polo 11.15 The Boy in the Striped Pyjamas 12 (2008) With David Thewlis. 1.00 Scotland, Year 15 (1992) With Al Pacino. 3.35 Brideshead Revisited 12 (2008) With Matthew Goode. 5.50 When a Man Loves a Woman 15 (1994) With Andy Garcia. 8.00 Definitely Maybe 12 (2008) With Ryan Reynolds. 10.00 The Hunting Party 15 (2007) With Richard Gere. 11.45 Pride and Glory 15 (2008) With Colin Farrell. 2.00 American Beauty 18 (1999) With Kevin Spacey. 4.15 The Simple Life of Noah Dearborn PG (1999)

Sky Movies Comedy

6.40 Sgt Bilko PG (1996) 8.20 Stopl Or My Mom Will Shoot PG (1992) 9.50 Sex and the City 15 (2008) 12.20 Oscar Winners Season Special 12.35 Nutty Professor II: The Klumps 12 (2000) With Eddie Murphy. 2.30 27 Dresses 12 (2008) With Katherine Heigl. 4.25 Splash! SG (1984) With Tom Hanks. 6.20 Sgt Bilko PG (1996) With Steve Watan. 8.00 Sex and the City 15 (2008) With Sarah Jessica Parker. 10.30 Nutty Professor II: The Klumps 12 (2000) With Eddie Murphy. 12.20 27 Dresses 12 (2008) With Katherine Heigl. 2.20 Splash! PG (1984) With Tom Hanks. 4.20 Stopl Or My Mom Will Shoot PG (1992)

Sky Movies Action/Thriller

6.40 Tom Curtain 15 (1966) 9.00 Peter Jackson on The Lovely Bones 9.30 Executive Decision 15 (1996) 11.45 The Seeker: The Dark is Rising 12 (2007) With Christopher Eccleston. 1.40 88

Wednesday's Pick

Num3r3s. Five, 10pm Things go a little X-Files in this latest episode of the crime drama, as the agents are called to a decommissioned airbase where a woman has been killed by a bolt of electricity. A military man turns up as the team begin their investigation, and he appears to be working for some secret department. It isn't long before a ufologist turns up at FBI headquarters with footage of the woman's death, claiming that this is the first hard evidence of the use of extraterrestrial weapons technology. Things certainly seem out of the ordinary, as the video shows the victim being struck by a strange shaft of blue light, and a medical examiner confirms she was in contact with a high-energy source. Charlie and Amita visit plasma physics expert, Otto Bahnhoff, who seems excited by the idea that somebody at

Minutes 18 (2007) With Al Pacino. 3.40 Predator 2 18 (1990) With Danny Glover. 5.40 Executive Decision 15 (1996) With Kurt Russell. 8.00 88 Minutes 18 (2007) With Al Pacino. 10.00 Exit Wounds 18 (2001) With Steven Seagal. 11.45 Bangkok Dangerous 18 (2008) With Nicolas Cage. 1.30 The Scorpion King 2: Rise of a Warrior 12 (2008) With Michael Copon. 3.25 Exit Wounds 18 (2001) 5.10 Copperhead 18 (2008)

SPORT

Sky Sports 1

6.00 Live Test Cricket. India v South Africa. 11.00 UEFA Champions League Highlights 11.30 Football Special 12.30 UEFA Champions League Highlights 1.00 Revista De La Liga 2.00 Test Cricket 3.00 UEFA Champions League Highlights 3.30 Football Special 4.30 UEFA Champions League Highlights 5.00 Boots 'N' All 6.00 European Tour Weekly 6.30 Inside the PGA Tour. 7.00 Live World Golf Championship. The Accenture Match Play Championship. 11.00 Boots 'N' All 12.00 UEFA Champions League Highlights 12.30 Football Special 1.30 UEFA Champions League Highlights 2.00 Boots 'N' All 2.55 FIFA Futbol Mundial 3.25 UEFA Champions League Highlights 3.55 Live Test Cricket. India v South Africa.

Sky Sports 2

6.00 Good Morning Sports Fans 9.00 Cycling 10.00 Revista De La Liga 11.00 Poker 1.00 Angling 2.00 A-League 2.30 Asian Tour Golf 3.00 Poker 5.00 Champions Tour Golf 6.00 Test Cricket 7.00 Live UEFA Champions League. Bayern Munich v Fiorentina (Kick-off 7.45pm). 10.00 UEFA Champions League Highlights 10.30 Football Special 11.30 Champions Tour Golf 12.30 World Golf Championship 4.30 A-League

Sky Sports 3

9.30 Asian Tour Golf 10.00 Pool 11.00 Racing News 11.30 Aerobics OX Style 12.00 Sports Unlimited 1.00 Pool 2.00 Snow Ride 2.30 Airports World 3.00 Cycling 4.00 Pool 5.00 WWE: Bottom Line 6.00 WWE: Attitude 7.00 Airports World 7.30 FIFA Futbol Mundial 8.00 Boots 'N' All 9.00 Test Cricket 10.00 Max Power 11.00 Transworld Sport 12.00 Watersports World 1.00 Transworld Sport 2.00 Angling 3.00 Close



the airbase has come up with a way to direct a bolt of lightning at a specific source. Charlie soon reminds him that the important thing is that however it happened, a woman is dead, and they have to find out who is responsible.

BBC1

6.00 Breakfast. (T) 9.15 Animal 24:7. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Timmy Time. (R) (T) 3.15 Pinky Dinky Do. (T) 3.25 CBBC: 3.25 Dennis and Gnasher; (R) (T) Leon. (T) 3.40 Bear Behaving Badly. (R) (T) 4.05 Horrible Histories. (R) (T) 4.35 Relic: Guardians of the Museum. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson asks more general knowledge questions against the clock as contestants try to avoid being voted off the team. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T)

7.30 EastEnders. Hour-long edition. Bianca heads to the church to marry Ricky, but her feud with Carol puts a damper on her big day as they argue about trust and past betrayals. Meanwhile, Janine is released without charge, insisting she has been framed, and sets out to discover who planted the ring in her flat. But the murder investigation later makes great progress when a jealous Becca calls the police with new information after being excluded from

Bradley and Stacey's secret wedding. (T) BBC News; Regional News. (T)

8.30 MasterChef. New series. John Torode and Gregg Wallace oversee another search for the UK's best amateur cook. In today's first three heats, contestants are given 50 minutes to produce a dish from mystery ingredients, before being sent to experience the pressure of a professional kitchen. The top three contenders from each group are sent to either Italian restaurant Dolada, British eatery Roldanda, or Spanish tapas bar Iberica. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 Question Time. (T)

11.35 FILM: The Weather Man (2005). Comedy drama, starring Nicolas Cage; (T) Skiing Weatherview. (T)

1.15 Sign Zone: Panorama. (R) (T) 1.45 Sign Zone: Art of Russia. (R) (T) 2.45 Sign Zone: Countryfile. (R) (T) 3.40 Sign Zone: Natural World. (R) (T) 4.40 BBC News. (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (R) (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 House Gift. (R) (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 The Alan Titchmarsh Show. (T) 6.00 London Tonight; Weather. (T) 6.30 ITV News and Weather. (T) 7.00 Emmerdale. Nikhil and Jai call the police when they realise cable has been stolen from the factory, immediately suspecting the Dingles. Katie throws Ryan out for cheating on her with Maisie. (T)

7.30 CCTV - Cashing in on Cameras: Tonight. (R) (T)

8.00 Emmerdale. Lisa returns home from the police station after giving a statement, and when Zak discovers Shadrach stole the cable, he orders him out of the village. Faye confronts Nathan in an effort to protect Ryan and is horrified by his pure hatred. Laurel asks Ashley to spend the night at a nearby B&B, and Debbie tells Nikhil she is looking for a financial backer. (T)

8.30 Coronation Street. David covers for Joe's absence when Tina is upset at her father's failure to wish her happy birthday. Sandra's aunts discover the truth about her sleeping arrangements. (T)

9.00 The Bill. An off-duty Callum is badly beaten after intervening in an argument between a couple, but turns up for work as usual the next day after a night in hospital. New PC Kirsty Knight (Sarah Manners) teams up with Jo and their inquiries lead to the arrest of the man responsible for the attack on their colleague, but he is released due to lack of evidence and Callum decides to take matters into his own hands. (T)

10.00 ITV News at Ten and Weather. (T) 10.30 London News and Weather. (T) 10.35 Road Warriors. The troops take part in a convoy on roads so dangerous they have to travel at night, and before long they find out they are being tracked by a suicide bomber. The soldiers also have to defuse roadside bombs, fight off the Taliban and rescue stranded trucks before reaching their destination and offloading their supplies. Mark Strong narrates. (T) 11.35 The Krypton Factor. The final heat

Tower Block of Commons. (R) (T) 4.20 The Bible: A History. (R) (T)

FIVE

6.00 Milkshake! Pocoyo. (R) (T) 6.05 Fireman Sam. (R) (T) 6.20 The Beeps. (R) (T) 6.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.45 Family! (R) (T) 6.50 Milkshake Monkey. (R) (T) 6.55 Funky Valley. (R) (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (T) 7.20 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowerrots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (T) 8.35 Ippin Ogram. (T) 8.50 Funky Valley. (R) (T) 8.55 Rupert Bear. (R) (T) 9.05 Mio Mao. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 How Not to Decorate. (R) (T) 12.35 Five News. (T) 12.45 Animal Rescue Squad. (R) (T) 1.15 Wild Animal ER. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.05 FILM: Jane Doe: The Wrong Face (2005). Crime thriller, starring Lea Thompson. (T) 5.00 Five News/Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Live UEFA Europa League Football. Liverpool v Unirea Urziceni (Kick-off 8.05pm). Colin Murray presents coverage of the last-32 first-leg tie at Anfield, where the Reds begin their UEFA Europa League campaign. (T) 10.10 FILM: Cobra (1986). An uncompromising police officer must protect a witness from a gang of psychopathic killers. Action thriller, starring Sylvester Stallone, Brigitte Nielsen and Brian Thompson. (T) 12.00 SuperCasino. 4.00 Wildlife SOS. Daredvels: The Ice Man. (R) (T) 4.50 Animal Rescue Squad. (R) (T) 5.05 The Family Recipe. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home & Away. (R) (T)

Best of the Rest

BBC3

7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Snog, Marry, Avoid? 8.30 Hotter Than My Daughter 9.00 Dancing on Wheels 10.00 EastEnders 11.00 The Real Hustle Undercover 11.30 Family Guy 11.50 Family Guy 12.15 Dancing on Wheels 1.15 Snog, Marry, Avoid? 1.45 Hotter Than My Daughter 2.15 The Real Hustle Undercover 2.45 Material Girl 3.45 Coming of Age 4.15 Being Human 5.15 Close BBC4

7.00 World News Today 7.00 Weather 7.30 Only Connect 8.00 Light Fantastic 9.00 The Great Offices of State 10.00 Newsweek with Charlie Brooker 10.30 Film: Yella 12 (2007) 11.55 BBC Four Sessions 12.55 Newsweek with Charlie Brooker 1.25 Latin Music USA 2.25 Late Latin 3.25 The Great Offices of State 4.25 Close ITV2

1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Loose Women 4.40 Ricki Lake 5.30 Judge Judy 7.00 The Planet's Funniest Animals 7.30 Harry Hill's TV Burp 8.00 American Idol 9.00 What Katie Did Next 10.00 Secret Diary of a Call Girl 10.35 Film: Bridget Jones: The Edge of Reason 15 (2004) 12.40

Coronation Street 1.10 Hell's Kitchen USA 2.00 Emmerdale 2.55 Emmerdale 2.50 Teleshopping 3.50 The Montel Williams Show 4.30 Teleshopping Sky1

1.00 Bones 2.00 Angela and Friends 3.30 The Real A&E 4.30 Lion Man 5.00 Malcolm in the Middle 5.30 Futurama 6.00 Are You Smarter Than Your 10 Year Old? 7.00 The Simpsons 7.30 The Simpsons 8.00 Modern Family 8.30 Two and a Half Men 9.00 Bones 10.00 NCIS: Los Angeles 11.00 Cold Case 12.00 Road Wars 1.00 Road Wars 1.50 Ross Kemp on Gangs 2.40 As You Sow 3.00 The 10 Year Old? 3.30 Don't Forget the Lyrics US 4.20 Battlestar Galactica 5.10 Brainiac: Science Abuse GOLD

1.20 Stepoe and Son 2.00 The Brittas Empire 2.40 The Brittas Empire 3.20 Keeping Up Appearances 4.00 Keeping Up Appearances 4.40 The Vicar of Dibley 5.20 The Vicar of Dibley 6.00 Last of the Summer Wine 6.40 Last of the Summer Wine 7.20 Stepoe and Son 8.00 Stepoe and Son 8.40 Only Fools and Horses 9.20 Only Fools and Horses 10.00 Fawty Towers 10.40 Men Behaving Badly 11.20 Game On 12.00 Porridge 12.40 The New Statesman 1.15 Men Behaving Badly 1.55 Game On 2.25 Starstruck Classics 2.30 The New Statesman 3.00 Close

(R) - repeat programme

(T) - programme w/teletextsubtitles

(S) - programme broadcast in stereo

(bw) - black and white

BBC1

6.00 Breakfast. (T) 9.15 Animal 24.7. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather, Regional News. (T) 3.05 CBeebies: Timmy Time. (R) (T) 3.15 Pinky Dinky Doo. (T) 3.25 CBBC: 3.25 Dennis and Gnasher. (R) (T) Leon. (T) 3.40 Bear Behaving Badly. (R) (T) 4.05 ROY. (R) (T) 4.35 Gastronuts. (T) 5.00 Newround. (T)

5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz in which contestants answer questions as a team, banking the jackpot money and eliminating the poorest players as they go. (R) (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The One Show. Live topical show in which reporters uncover the UK's most fascinating stories. Adrian Chiles and Christine Bleakley present. (T) 7.30 A Question of Sport. With rugby union international Lee Mears, 2000 Olympic heptathlon gold medalist Denise Lewis, equestrian rider Kristina Cook and former Middlesex footballer Gaizka Mendietta. (T) BBC News: Regional News. (T) 8.00 EastEnders. A special live episode celebrating 25 years of EastEnders. Weeks of speculation come to an end as Archie's killer is finally revealed. DCI Marsden has been on the case ever since Christmas. Day, with Ronnie, Phil, Janine, Peggy and Ian coming under suspicion. But it is Bradley who has become the number one suspect, and agonises over his next decision as the locals try to enjoy Ricky and Bianca's wedding reception amid all the commotion. (T) 8.30 QI. Host Stephen Fry is joined by guests Sue Perkins, Jimmy Carr, Jack Dee and Alan Davies for questions on the subject of gothic. (T) 9.00 MasterChef. John Torode and Gregg Wallace present six more hopefuls with high-pressure tests, including working in a professional kitchen and preparing a three-course meal. (T) 10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 Friday Night with Jonathan Ross. The host is joined by Golden Globe-winning actor Colin Farrell, who discusses his career and roles in films including In Bruges, and his latest movies Crazy Heart and Ondine. Comedian Jason Manford reflects on his time in the industry, and Russian supermodel Natalia Vodianova chats about her acting career. They also enjoy a performance by hip-hop star Jay-Z. (T) 11.35 The National Lottery EuroMillions Draw. QJ Borg presents the draw. (T) 11.45 FILM: Weird Science (1985). Sci-fi comedy, with Anthony Michael Hall and Robert Downey Jr. (T) Weatherview. (T) 1.20 Sign Zone: Seven Ages of Britain. (R) (T) 2.20 Sign Zone: Lark Rise and Candleford. (R) (T) 3.20 Sign Zone: Horizon: To Infinity and Beyond. (R) (T) 4.20 BBC News. (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 House Gift. (R) (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 Midsummer Murders. (R) (T) 5.00 The Alan Titchmarsh Show. (T) 6.00 London Tonight; Weather. (T) 6.30 ITV News and Weather. (T) 7.00 Emmerdale. Ashley heads back to the village alone after pleading with Laurel to come home. Nikhil is reluctant to get involved in Debbie's business venture, and Faye talks to Katie about Ryan. (T) 7.30 Coronation Street. Rick the loan shark targets Tina when Gail refuses to pay him. Eileen is disappointed to hear Jesse's plans for his winnings and Gary brings a friend home with him. (T) 8.00 Dancing on Ice Friday. Ben Shepherd and Coleen Nolan go behind the scenes of dancing on ice, talking to celebrity critics and checking on the contestants' progress in rehearsal ahead of Sunday's show. (T) 8.30 Coronation Street. Tina agrees to lie to the police about Joe's whereabouts, but gives Gail the weekend to stop the deception. Llewellyn persuades Audrey to take him to the Rovers for an evening of fun. (T) 9.00 Popstar to Operastar. The remaining two singers go head to head in the final of the competition, singing twice to win viewers' votes and be crowned champion. As well as performing solo arias, they will team up with one of the mentors, Katherine Jenkins or Rolando Villazon, to tackle operatic duets in a final test of their skills, which promises to be a fitting climax to a closely contested event. Critics Meet Lost and Laurence Llewellyn-Bowen offer their comments as usual, but the decision rests with the voting public. Presented by Mylene Klass and Alan Titchmarsh. Last in the series. (T) 10.00 ITV News at Ten and Weather. (T) 10.30 London News and Weather. (T) 10.35 The Brits Backstage. Peter Andre captures the tension behind the scenes at Tuesday night's prestigious awards ceremony, talking to the winners and losers at the music industry's 30th annual event. (T) 11.05 FILM: Gremlins (1984). Comedy horror, with Zach Galligan; (T) ITV News Headlines. 1.00 FILM: Undercover Brother (2002). Blaxploitation spoof, starring Eddie Griffin. (T) 2.25 Nightwatch with Steve Scott: Crime. (T) 3.15 ITV Nightscreen.

BBC2

6.00 CBeebies: Jakers! (R) (T) 6.20 Clifford. (R) (T) 6.35 Boal (R) (T) 6.45 Louie. (R) (T) 6.55 Pingu. (R) 7.00 Green Balloon Goes on Holiday. (R) (T) 7.25 Filin the Fire Engine. (R) (T) 7.40 Kerwhizz. (R) (T) 8.00 CBBC: Arthur. (R) (T) 8.15 Arthur. (R) (T) 8.30 Dennis and Gnasher. (R) (T) 8.40 What's New Scooby-Doo? (R) (T) 9.00 Copycats. (R) (T) 9.30 League of Super Evil. (R) (T) 9.45 Frank Patrol. (R) (T) 10.10 Doctor Who: The Infinite Quest. (R) (T) 11.00 Animal Park: Wild on the West Coast. (R) (T) 12.00 Castle in the Country. (R) (T)

MOVIES

Sky Movies Drama

6.00 Front of the Class 12 (2008) 7.40 Oscar Winners Season Special 8.00 Cradle Will Rock 15 (1999) 10.20 The Assassination of Jesse James by the Coward Robert Ford 15 (2007) 1.05 Waitress 12 (2007) With Karl Russell. 2.55 Oscar Winners Season Special 3.25 Charlie Wilson's War 15 (2007) With Tom Hanks. 5.10 Australia 12 (2008) With Nicole Kidman. 8.00 Notting Hill 15 (1999) With Hugh Grant. 10.10 W 15 (2008) With Josh Brolin. 12.25 Gone Baby Gone 15 (2007) With Casey Affleck. 2.30 North Dallas Forty 18 (1979) With Nick Nolte. 4.30 Redemption of the Ghost PG (2001)

Sky Movies Comedy

6.00 The Pick Up Artist 15 (1977) 7.30 To Wong Foo, Thanks for Everything! Julie Newmar PG (1995) 9.20 Oscar Nominations Special 9.50 The Rocker 12 (2008) 11.40 The Bucket List 12 (2008) With Jack Nicholson. 1.25 Disaster Movie 12 (2008) With Matt Langer. 3.00 Bill & Ted's Bogus Journey PG (1991) With Keanu Reeves. 4.40 The Jerk Theory PG (2009) With Josh Henderson. 6.20 Bill & Ted's Bogus Journey PG (1991) With Keanu Reeves. 8.00 Disaster Movie 12 (2008) With Matt Langer. 9.30 The Rocker 12 (2008) With Jack Nicholson. 1.00 Harold & Kumar Escape from Guantanamo Bay 18 (2008) With Kal Penn. 2.45 The Jerk Theory PG (2009) With Josh Henderson. 4.25 To Wong Foo, Thanks for Everything! Julie Newmar PG (1995)

Sky Movies Action/Thriller

6.45 The Science of Superman 7.45 The Temp 15 (1993) 9.35 Butterfly on a Wheel 15 (2007) 11.25 The Rock 15 (1996) With Sean Connery. 1.45 Eagle Eye 12 (2008) With Shia LaBeouf. 3.45 Oscar Winners Season Special 4.00 Demolition Man 15 (1993) With Sylvester Stallone. 6.00 The Edge 15 (1997) With Anthony Hopkins. 8.00 Eagle Eye 12 (2008) With Shia LaBeouf. 10.00 The Rock 15 (1996) With Sean Connery. 12.20 The Crew 18 (2008) With Scott Williams. 2.25 Frenzy 18 (1972) With Jon Finch. 4.25 Topaz PG (1969)

SPORT

Sky Sports 1

6.00 Live Test Cricket. India v South Africa. 11.00 UEFA Champions League Highlights 11.30 Football Special 12.30 UEFA Champions League Highlights 1.00 Boots 'n' All 2.00 Test Cricket 3.00 Live Horse Racing. The Dubai International Racing Carnival. 7.00 Live Premier League Darts. Round two from the Bournemouth International Centre. 10.30 Time of Our Lives 11.30 The Rugby Club 12.30 Premier League World 1.00 Time of Our Lives 2.00 The Rugby Club 3.00 Sky Sports Classics 3.15 Live International Cricket. Australia v West Indies.

Sky Sports 2

6.00 Good Morning Sports Fans 9.00 World Golf Championship 1.00 Champions Tour Golf 2.00 World Golf Championship 6.00 The Rugby Club 7.00

Live World Golf Championship. The Accenture Match Play Championship. 11.00 Race World 12.00 Show Jumping 1.00 World Golf Championship 5.00 Close

Sky Sports 3

11.00 Racing News 11.30 Aerobics Oz Style 12.00 Watersports World 1.00 Snow Ride 1.30 Total Rugby 2.00 UEFA Champions League Highlights 2.30 FIFA

Thursday's Pick

MasterChef, BBC1, 8.30pm The tastiest show on television is back and it's time to fasten those bibs and salivate profusely as another batch of amateur cooks produce mouth-watering culinary masterpieces in a bid to impress food experts John Torode and Gregg Wallace. If previous series are anything to go by, the standard of contestants looks set to get better and better, which means the judges will have an even tougher job on their hands than ever before. Messrs Torode and Wallace often say that "cooking doesn't come any tougher than this" and the tasks in tonight's series opener have obviously been designed to sort the wheat from the chaff. In the first heat, six contestants are



BBC1

6.00 Breakfast. (T) 9.15 Animal 24.7. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather, Regional News. (T) 3.05 CBeebies: Timmy Time. (R) (T) 3.15 Pinky Dinky Doo. (T) 3.25 CBBC: 3.25 Dennis and Gnasher. (R) (T) Leon. (T) 3.40 Bear Behaving Badly. (R) (T) 4.05 ROY. (R) (T) 4.35 Gastronuts. (T) 5.00 Newround. (T)


5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz in which contestants answer questions as a team, banking the jackpot money and eliminating the poorest players as they go. (R) (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The One Show. Live topical show in which reporters uncover the UK's most fascinating stories. Adrian Chiles and Christine Bleakley present. (T) 7.30 A Question of Sport. With rugby union international Lee Mears, 2000 Olympic heptathlon gold medalist Denise Lewis, equestrian rider Kristina Cook and former Middlesex footballer Gaizka Mendietta. (T) BBC News: Regional News. (T) 8.00 EastEnders. A special live episode celebrating 25 years of EastEnders. Weeks of speculation come to an end as Archie's killer is finally revealed. DCI Marsden has been on the case ever since Christmas. Day, with Ronnie, Phil, Janine, Peggy and Ian coming under suspicion. But it is Bradley who has become the number one suspect, and agonises over his next decision as the locals try to enjoy Ricky and Bianca's wedding reception amid all the commotion. (T) 8.30 QI. Host Stephen Fry is joined by guests Sue Perkins, Jimmy Carr, Jack Dee and Alan Davies for questions on the subject of gothic. (T) 9.00 MasterChef. John Torode and Gregg Wallace present six more hopefuls with high-pressure tests, including working in a professional kitchen and preparing a three-course meal. (T) 10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 Friday Night with Jonathan Ross. The host is joined by Golden Globe-winning actor Colin Farrell, who discusses his career and roles in films including In Bruges, and his latest movies Crazy Heart and Ondine. Comedian Jason Manford reflects on his time in the industry, and Russian supermodel Natalia Vodianova chats about her acting career. They also enjoy a performance by hip-hop star Jay-Z. (T) 11.35 The National Lottery EuroMillions Draw. QJ Borg presents the draw. (T) 11.45 FILM: Weird Science (1985). Sci-fi comedy, with Anthony Michael Hall and Robert Downey Jr. (T) Weatherview. (T) 1.20 Sign Zone: Seven Ages of Britain. (R) (T) 2.20 Sign Zone: Lark Rise and Candleford. (R) (T) 3.20 Sign Zone: Horizon: To Infinity and Beyond. (R) (T) 4.20 BBC News. (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 House Gift. (R) (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 Midsummer Murders. (R) (T) 5.00 The Alan Titchmarsh Show. (T) 6.00 London Tonight; Weather. (T) 6.30 ITV News and Weather. (T) 7.00 Emmerdale. Ashley heads back to the village alone after pleading with Laurel to come home. Nikhil is reluctant to get involved in Debbie's business venture, and Faye talks to Katie about Ryan. (T) 7.30 Coronation Street. Rick the loan shark targets Tina when Gail refuses to pay him. Eileen is disappointed to hear Jesse's plans for his winnings and Gary brings a friend home with him. (T) 8.00 Dancing on Ice Friday. Ben Shepherd and Coleen Nolan go behind the scenes of dancing on ice, talking to celebrity critics and checking on the contestants' progress in rehearsal ahead of Sunday's show. (T) 8.30 Coronation Street. Tina agrees to lie to the police about Joe's whereabouts, but gives Gail the weekend to stop the deception. Llewellyn persuades Audrey to take him to the Rovers for an evening of fun. (T) 9.00 Popstar to Operastar. The remaining two singers go head to head in the final of the competition, singing twice to win viewers' votes and be crowned champion. As well as performing solo arias, they will team up with one of the mentors, Katherine Jenkins or Rolando Villazon, to tackle operatic duets in a final test of their skills, which promises to be a fitting climax to a closely contested event. Critics Meet Lost and Laurence Llewellyn-Bowen offer their comments as usual, but the decision rests with the voting public. Presented by Mylene Klass and Alan Titchmarsh. Last in the series. (T) 10.00 ITV News at Ten and Weather. (T) 10.30 London News and Weather. (T) 10.35 The Brits Backstage. Peter Andre captures the tension behind the scenes at Tuesday night's prestigious awards ceremony, talking to the winners and losers at the music industry's 30th annual event. (T) 11.05 FILM: Gremlins (1984). Comedy horror, with Zach Galligan; (T) ITV News Headlines. 1.00 FILM: Undercover Brother (2002). Blaxploitation spoof, starring Eddie Griffin. (T) 2.25 Nightwatch with Steve Scott: Crime. (T) 3.15 ITV Nightscreen.

Friday's Pick

EastEnders, BBC1, 8pm It's only February, but it looks like we're in for the soap event of the year as EastEnders celebrates its 25th anniversary with a live episode. For viewers who have stuck by the folk of Walford through a quarter of a century of births, marriages, deaths, tears, the occasional laugh and one resurrection, it's especially unmissable. Not only is there the chance that we may get to see one of the actors fluff their lines in front of millions of viewers, we'll also finally discover who killed Archie Mitchell. At the moment, Bradley appears to be the prime suspect, especially now that the unstable Becca has informed the police he had a very pressing motive. Max and Jack both advise him to do a runner, but could he be fleeing unnecessarily? Roxy thinks she's cracked the mystery, as she accuses Ronnie of killing their father — well, her sister does seem to be on a mission to convince everyone she's guilty. Elsewhere, Peggy squares up to Janine in one soap grudge match we'd all like to see, and there may be even something to celebrate for a



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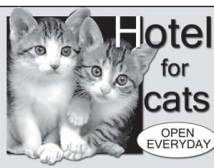
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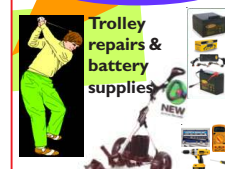
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News in brief

MPs reject gay union referendum petition

Lawmakers in Portugal's Parliament have rejected a petition demanding a national referendum on proposals by the ruling Socialist government to allow same sex marriages. Organised by rightist and Catholic Church groups the petition gathered under 4,500 signatures and was rejected by MPs from the centre-left Socialists and left-wing BE and Communists. Approved early last month by Portuguese lawmakers the Government's plans to alter marriage laws to include homosexuals, but not including the right to adopt, are currently at the committee stage in Parliament ahead of a final vote later this year.

EU received four fuel cartel complaints in 2009 against Portugal

The European Commission received four complaints about alleged fuel price fixing in Portugal last year from the ANTRAM road haulage federation, Portuguese regulators said. Manuel Sebastião, head of Portugal's AdC Competition Authority, said fuel prices in Portugal last year were about 90% in keeping with international costs, taking into consideration varying VAT and duties. Fuel price variation between Portugal and Spain, reportedly significant, is purely due to taxes, noted Sebastião, with the real difference in a litre of fuel in Q3 2009 being just €0.01.

Portuguese experts discover 'new' turtle species

A Portuguese team has discovered the 90-million year-old fossil of a new species of turtle in Angola, the Science and Technology Department of the New University of Lisbon said. The discovery, dubbed *Angolachelys mbaxi*, was made in 2005 north of Luanda by paleontologist Octavio Mateus of the New University in a joint investigation with colleagues from Portugal, the US, Angola and the Netherlands. *Angolachelys* means Angolan turtle and *mbaxi* is the word for turtle in the indigenous Kimbundo language of northwest Angola.

Slight quake shakes Azores town before dawn

An earthquake measuring III on the Mercalli scale rattled the town of São Mateus on Terceira Island before dawn Tuesday, the regional civil defence agency said.

It said it had received no reports of material damage.

€90m Portuguese investment in Mozambique fund

A €90 million Portuguese investment fund to promote partnerships with Mozambique's private sector will be operational "within two months", a senior Lisbon official said. Treasury State Secretary Carlos Costa Pina announced the move after a meeting in Maputo with Energy Minister Salvador Namburete. The fund, agreed in the framework of Portugal's sale of its 82 percent stake in the Cahora Bassa hydroelectric complex to Maputo in 2006, aims to "strengthen relations in the private sector" between Portuguese and Mozambican companies, especially in the field of renewable energy, Costa Pina said.

Mauritania, Guinea-Bissau earmarked to boost cooperation

Lisbon's State Secretary for Communities, António Braga, staged a two-day visit to Mauritania and Guinea-Bissau this week to discuss bilateral cooperation. Officials said Braga would meet with Mauritania's Foreign Minister in Nouakchott before travelling on to Bissau where he would hold talks with President Malam Bacai Sanhá, among other officials.

Portugal hopeful UN Chad refugee mission can be extended

Portuguese Foreign Minister Luís Amado has expressed hope conditions will be created for the extension of the UN mission in Chad that provides security and humanitarian aid to scores of thousands of refugees from conflicts in neighbouring countries. Amado visited the Djabal refugee camp near the Sudanese border where he said representatives of some 16,000 refugees, mostly from Darfur, had underlined their "disquiet" over the imminent end of the UN mission mandate. He told the Lusa News Agency he was hopeful there would be "negotiating conditions at international level to assure the security of these populations through the UN". The mandate of the UN mission, which is headed by Vítor Ângelo of Portugal, is set to conclude on March 15 amid signs the Chadian government is reluctant to see the UN presence extended.

Portugal needed to restructure Bissau CID police

Guinea-Bissau's investigative Judicial Police (PJ) need assistance from its Portuguese equivalent to become more efficient in the fight against cross-border narco-trafficking afflicting the dirt poor West African state, an official said this week. Lucinda Barbosa, chief of Guinea's PJ, said she had come to Lisbon to tighten cooperation between her force and Portugal's PJ and also get an overall picture of a national CID force. Guinea's PJ is being overhauled with help from Portugal's PJ, and the IPAD Portuguese state development agency, Barbosa said.

President to visit Andorra expats

President Cavaco Silva will visit Portuguese living in Andorra early next month in a trip to mark the fourth anniversary of his inauguration, officials said. The President will also attend the opening of the Iberian Forum in Barcelona, an initiative by Portugal's Consulate-General in the Catalan capital and the city's chamber of commerce.

TPN/Lusa

Majority of abortions caused by lack of contraception



Aguiar Branco takes part in a march of "No" supporters for the decriminalisation of abortion as part of the referendum which took place in February 2007. (Photo: Lusa / Estela Silva)

The National Coordinator for Reproductive Health has this week expressed concern after figures released from Portugal's largest maternity ward showed that 87 percent of women who had an abortion in that unit last year did so after an unexpected pregnancy as no form of contraception was used.

Of the 1,632 abortions carried out in Lisbon's Alfredo da Costa Maternity Unit (MAC), the largest in the country, 1,425 were requested because no form of contraception was used, the pregnancy was unplanned and, subsequently, prevention against diseases was also shunned.

These figures were blasted by National Coordinator Jorge Branco, who said: "The irresponsibility of some couples is incredible".

Furthermore, at MAC, which

reflects a national trend, the number of voluntary abortions also rose by eight percent, from 1,516 in 2008 to 1,632 in 2009.

This is also confirmed by Portugal's only private abortion clinic, Clínica dos Arcos, in Lisbon, to where many public health patients are sent because of a lack of National Health Service doctors, or doctors refusing to carry out the procedure based on their moral discretion.

Data obtained by Portuguese newspaper *Diário de Notícias* (DN) reportedly showed that at Clínica dos Arcos the increase in abortions was even greater, with 6,113 having taken place last year, 751 more than the previous year, a rise of 15 percent.

Another issue that is said to be of concern to the National Coordinator is that some women repeatedly have abortions. Statistics from MAC showed that of

the interventions carried out last year, 468 women had already had an abortion.

Jorge Branco criticised, "The majority of women that come to MAC were not considering family planning and even after having already had one some of them chose to continue without contraception".

After the intervention all the women are referred to a family planning specialist and it has emerged that after their consultations 125 women refused to adhere to any contraception method.

Since abortion was made legal in April 2007 the number of procedures carried out in Portugal has steadily risen. By the end of 2008 it was estimated that some 15,960 abortions had been carried out. Figures for the first six months of 2009 show that in that period a further 9,667 abortions

had been carried out.

Yolanda Hernández, director of Clínica dos Arcos, believes that the number will continue to rise as information regarding the procedure becomes clearer.

"Information about the decriminalization of abortions is still slowly reaching women and over the next years the number will continue to grow", she said, adding that the majority of women seen at Clínica dos Arcos are passed on from the public sector.

In August last year alone the MAC sent 149 women on to the private clinic, as Jorge Branco explained "In the summer due to holidays we cannot cater for all the requests".

The majority of abortions carried out last year were on women aged between 21 and 29 (674 women) and between 30 and 39 (535).

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Benfica ahead with one game in hand



Benfica's Luisão celebrates a goal against Sporting during the match for the Portuguese League Cup held at Alvalade XXI Stadium in Lisbon on 9th February 2010. (Photo: EPA/Manuel de Almeida)

Having last week beaten União de Leiria 3-0 in their match brought forward from the 20th round of fixtures, Benfica went into the 18th round with a three-point advantage over rivals Sporting Braga when facing Vitória de Setúbal on Saturday.

The game was an odd one as all the goals scored were own goals, with David Luiz involved in both.

In the first quarter of an hour, the Benfica defender went up the field for a corner kick and headed the ball convincingly, with Ricardo Silva deflecting the ball into his own net.

Still in the first half, David Luiz made the mistake of his life when trying to clear an easy cross with his left foot. With the keeper off his line, the Benfica defender tried to smash the ball away but skimmed it with the outside of his boot and it went straight into his own goal.

Benfica did their best to score a victory goal but fate was not on their side as prolific striker Oscar Cardozo missed a last minute penalty and the game ended with a draw.

Sporting had lost their match the previous night after a poor ex-

hibition against Académica. An easy free kick slipped under Rui Patrício's arms in the first five minutes of the match, giving Académica the initial advantage, but Moutinho still managed to score an equaliser in the first half.

In the second half, João Ribeiro made the most out of a counter-attack from a lost ball and put Académica ahead again, sealing the game at 2-1 for the away team.

Olhanense are now clear of the relegation zone after beating Nacional 1-0 and FC Porto had a convincing victory over Naval, with goals from Tomás Costa (39'), Falcão (79') and Varela (88').

On Monday, Braga were in high spirits before facing Belenenses as Benfica had faltered in their 18th round match. Despite remaining one point behind the 'Reds' at best, they still have a match in hand. The team sensation of 2009/2010 showed why they have stayed on top for

so long with an emphatic 3-1 victory over the Lisbon-based team.

In related news, Sporting hosted Benfica this Wednesday for the semi-final of the Carlsberg Cup.

The Lisbon derby was a fiery one to say the least, with the home team's former Benfica full-back João Pereira given a red card in the first six minutes of the match, putting Sporting at a disadvantage right from the beginning.

The free kick which originated from the foul gave Benfica their first goal, thanks to David Luiz.

Ramires scored the second but Liedson managed to reduce the goal deficit still in the first half.

In the final 45 minutes, the 'Lions' were completely overran by the 'Reds' and suffered two further goals (Luisão [67'] and Cardozo [90+4']). Benfica are through to the final of the Carlsberg Cup and Sporting now have a low self esteem after suffering six goals against them at home in their last two matches, both in the same week.

Estoril Open de Portugal returns to Penha Longa

The European Tour announced this week that the Estoril Open de Portugal will return to the Penha Longa Hotel Spa & Golf Resort from April 1-4.

Golfers and visitors to the course can expect to "find one of continental Europe's most avant-garde golf venues following a €2 million refurbishment programme that has made the resort's famous Atlantic Course an irresistible choice for The European Tour to host Portugal's national open", the European Tour said in a statement posted on its website earlier this week.

Duarte Nobre Guedes, President of Turismo Estoril, said: "We have enjoyed working closely with The European Tour over the past three years and are delighted to be returning to the Penha Longa Hotel, Spa and Golf resort after three successful visits to Oitavos Dunes. "Penha Longa is one of the 'jewels in the crown' of the Estoril and Sintra Region, and the natural, magnificent setting is now enhanced by all the impressive refurbishment which the Resort

has undertaken in order to raise the bar even higher. We are looking forward eagerly to welcoming back The European Tour professionals and for them to enjoy the facilities."

Separately, Ana Gorjão Henriques, General Manager of the Penha Longa Hotel, Spa & Golf Resort, said: "We are very honoured to host the 2010 Estoril Open de Portugal. After undertaking such a high level of refurbishment at the resort, it is fitting that we are hosting such a prestigious event. We are working very closely with The European Tour team to prepare the site and guarantee a successful tournament."

Meanwhile, Peter Adams, Championship Director of the Estoril Open de Portugal, said: "The refurbishments that have been undertaken at the Resort are extremely impressive and we are confident that The European Tour players will be excited by the new challenge and world-class facilities on offer in this beautiful part of Portugal."

Queiroz stays despite assault allegations

Carlos Queiroz, Portugal coach, has been involved in a physical confrontation with Jorge Baptista, football commentator and UEFA press adviser, in a VIP room at Lisbon Airport last Saturday. But Gilberto Madail, Chairman of the Portuguese Football Federation, has said the incident will not affect the coach's position.

"I have full confidence in Carlos Queiroz. We are preparing a great programme for the World Cup and this will not affect him", said Gilberto Madail to *Público* newspaper this week, guaranteeing that the Portuguese national coach will maintain his position, despite not having heard the full details

of the confrontation.

The incident reportedly occurred in a VIP room at Lisbon Airport as both men were waiting for their flight to Warsaw, where the draw for the qualifying phases of the Euro 2012 took place.

But the involved parties are giving two different versions of

the incident, with Queiroz saying: "There was an exchange of bitter words, a bit of pushing and shoving, but that's all that happened".

In response to this explanation, Jorge Baptista said: "It wasn't mere pushing", adding that the Portugal coach was completely out of control, that he had

grabbed him by the neck and punched him.

After the incident and the UEFA Euro 2012 qualification draw, both men returned on the same flight back to Portugal.

The commentator says he will not be taking legal action nor will he be giving any more comments on the matter.

Portugal slip up in muddy Russia

Not even the inclusion of two Southern Hemisphere "imports" was enough to put Portugal back on the road for World Cup qualification this past weekend as the national rugby team lost in treacherous conditions in the Russian city of Sochi.

The game witnessed the debuts of Australian-born full-back Joe Gardener and South African-born lock Conrad Stickling, and while they were amongst the outstanding players on the field, their efforts were in vain as Portugal returned from Russia with only a bonus point to show for their efforts.

Despite Gardner scoring Portugal's only try, the team lost 14-10 in wet and muddy conditions, and are now at serious risk of not qualifying for the 2011 Rugby World Cup in New Zealand to follow up on their heroics of

making it through to the 2007 tournament.

Portugal now has a crucial match this weekend against Georgia. The former Soviet Republic is currently leading the Six Nations 'B' table, and will arrive in Lisbon full of confidence and on the back of a 77-3 hammering of the Germans.

But Portugal will take some heart from the fact that the last occasion these two teams met, the 'Wolves' managed a 20-20 despite the intimidating atmosphere Georgian fans generate in Tbilisi.

Even if Portugal loses this weekend (kick-off 15h00 at the Estádio Universitário in Lisbon) they will still stand a chance of qualifying for the World Cup via a play-off, so long as they beat Spain, Germany and Romania in their remaining fixtures.

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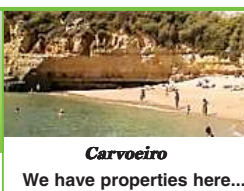
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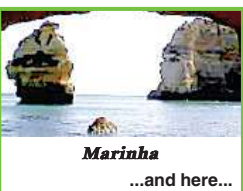
SUPERLEAGUE FIXTURES WEEK 19

MATCH	DATE	TIME	TV
P.Ferreira-Sporting	Friday	20h15	SportTV1
Benfica-Belenenses	Saturday	17h00	SportTV1
Leixões-FC Porto	Saturday	21h15	RTP1
Académica-Olhaneense	Sunday	16h00	
Nacional-Rio Ave	Sunday	16h00	
U.Leiria-V.Setúbal	Sunday	16h00	
Braga-Marítimo	Sunday	20h15	SportTV1
Naval-V.Guimarães	Monday	20h15	SportTV1



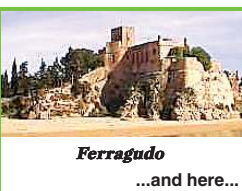
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